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DECEMBER 2015

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Glitzy fashion, sexy shoes, cool jewellery

Jennifer Lopez
Why 2016 will be the year of JLo

SEX & SELF-ESTEEM
Men confess the big and small of it

SPECIAL REPORT
FROM CAREER WOMAN TO REFUGEE
The 1,500-mile journey of a Syrian mother

TESS HOLLIDAY: THE SIZE 26 BEAUTY ICON

FERTILITY DOSSIER
FAQs, real stories, science updates

CHRISTMAS BONUS!
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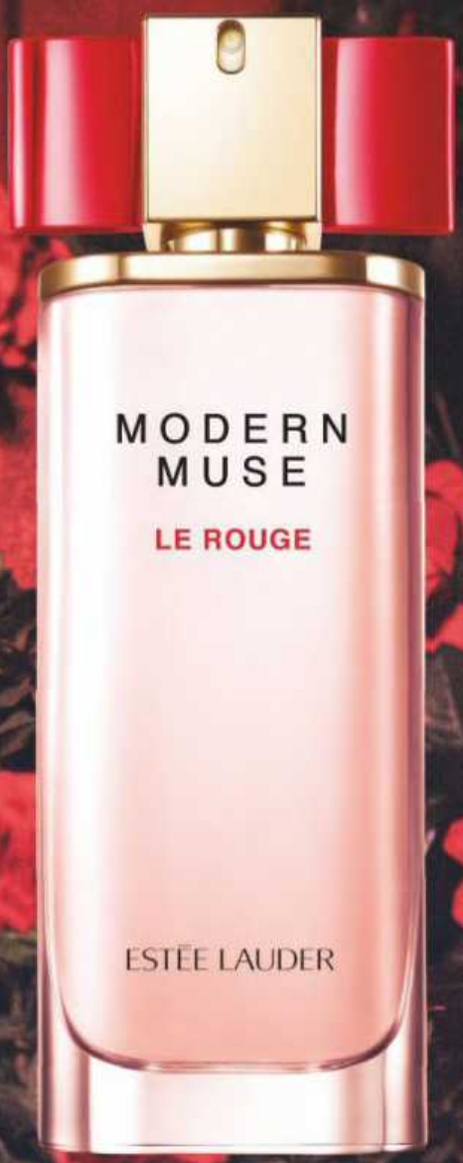
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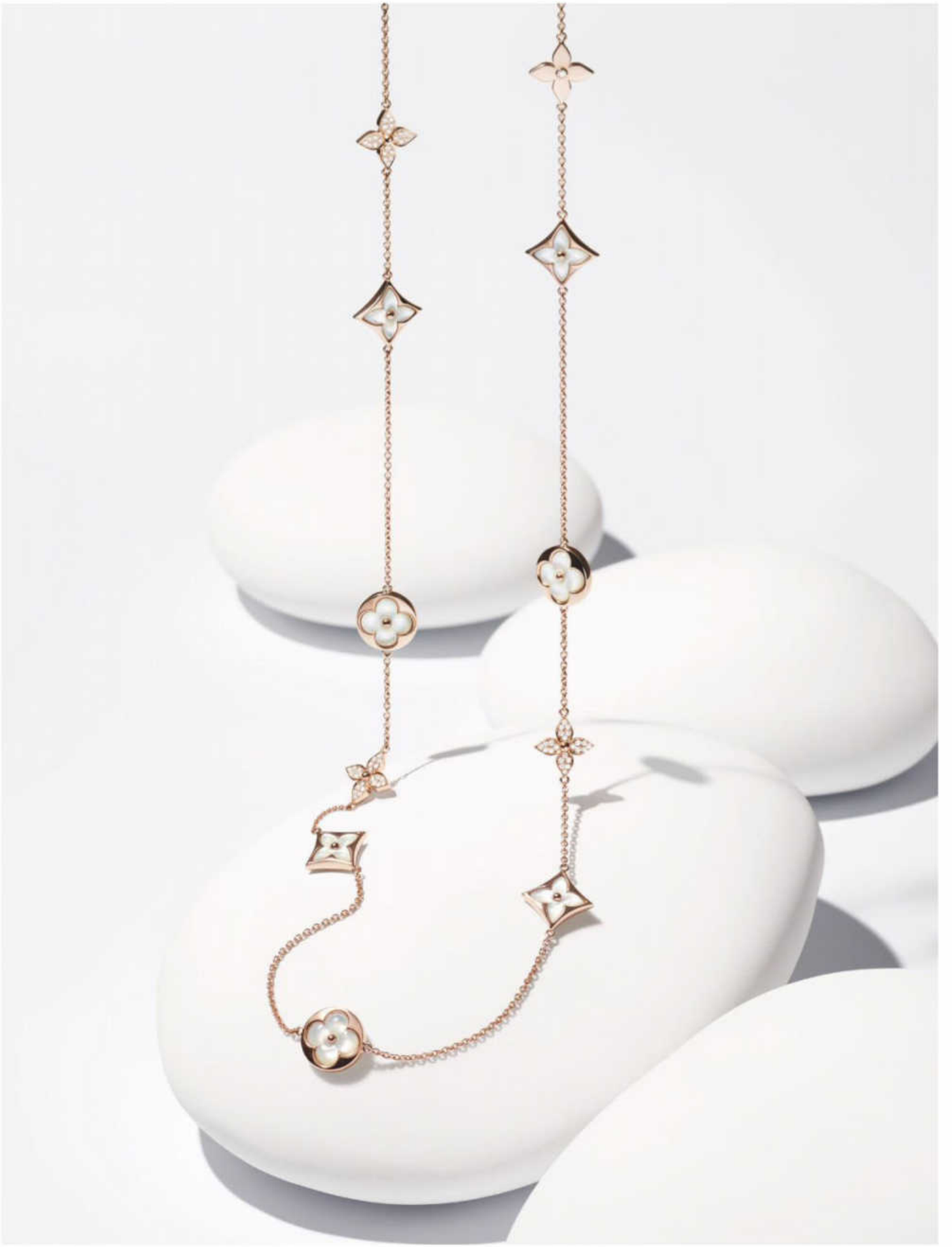



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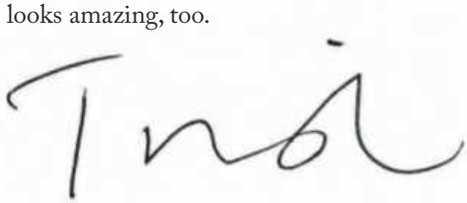


WHEN WE STARTED CREATING this issue last month, *Marie Claire*'s Think Smart, Look Amazing philosophy really hit home for me. While the fashion team and I were flitting between shows in New York, coming up with ideas to interpret next season's trends, acting features director, Corinne Redfern, was on the Austrian/Hungarian border. She was undertaking the final leg of her journey following Syrian mother of two, Aysha Mierri, on her 1,500-mile trip to safety in Germany.

The former civil engineer, who was five months' pregnant, fled her home city of Aleppo with her toddler daughters in tow, leaving behind her husband, so that he could continue his vital work as a doctor. Corinne's eye-witness report is an excellent piece of journalism – something we value very highly at *Marie Claire* – as we know you, our readers, do too. I'm sure you will be as moved by the story (page 118) as we all have been, in particular the stark realisation that Aysha – a professional working mother – could be any one of us.

With Christmas just around the corner, we've also been getting ready to celebrate the most exciting time of the year, with a fabulous gift guide (page 189), great party wear (page 214) and beautiful make-up ideas (page 262). And in a *Marie Claire* first, we present our Men's Grooming special (page 281), a 20-page extra, full of ideas for great gifts to buy the men in your life, illustrated with the odd picture or two of our favourite male models (watch out for the video of the shoot, coming soon to marieclaire.co.uk).

So it's treats galore, and plenty more good reads, too. I found our report on loneliness particularly interesting as, contrary to the belief that it's old people who are at risk, it's actually younger women like you who are suffering. Find out why on page 127. We also have a fertility dossier (page 150), which is a must-read for anyone who thinks that a small person might one day enhance their life. Plus, we meet the fabulous Tess Holliday – the size 26 model who is challenging the way society thinks about body image. Now *that* is smart. And she looks amazing, too.



Trish Halpin, Editor in Chief

Tweet me @TrishHalpin

WHAT WE'RE LUSTING AFTER THIS MONTH



Jayne
Fashion director

'This bag is the perfect size and print for day or night. Team with an all-black outfit.'

Bag, **£225**, Guess Luxe





Hannah
Fashion assistant

Watch, **£1,450**, Baume & Mercier



'The ideal everyday watch, I love the tan strap – it's great for AW15.'



Des
Style editor



Skirt, **£889**, Marina Rinaldi

'This statement skirt will look amazing styled with an oversized knit for an alternative evening look.'

PHOTOGRAPH BY DAVID NEWBY. STILL LIFES BY NOHALIDEDIGITAL.COM. TRISH WEARS SWEATER, VICTORIA BECKHAM; TROUSERS, PAUL SMITH; SANDALS, SOPHIA WEBSTER. STYLED BY HOLLY WELCH



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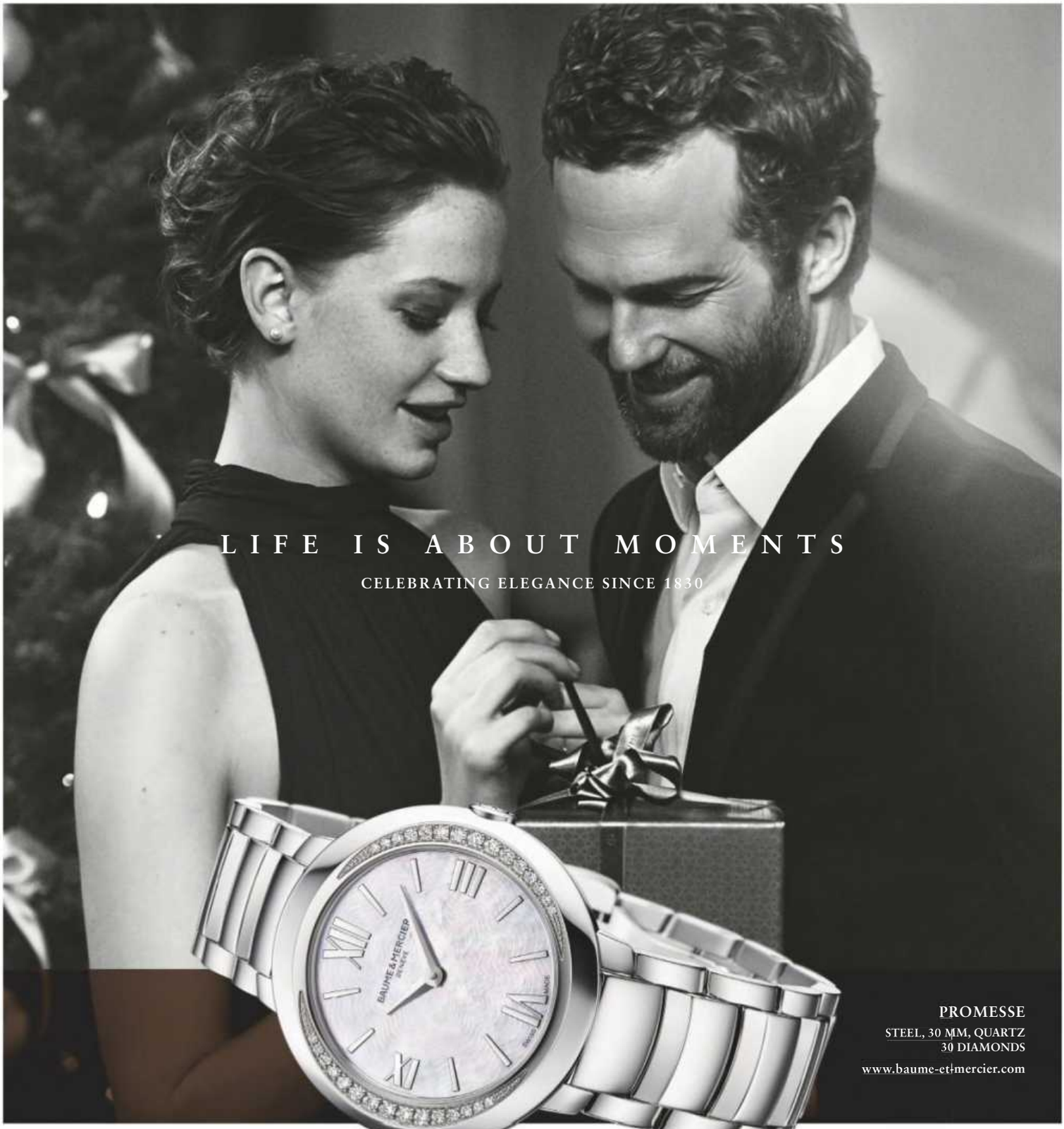
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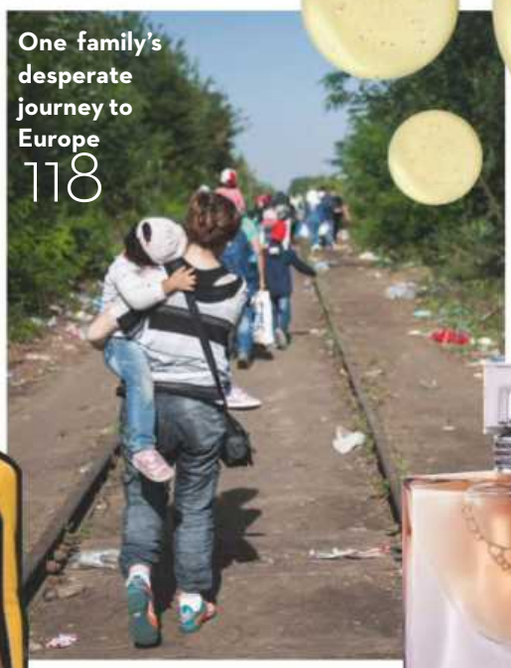


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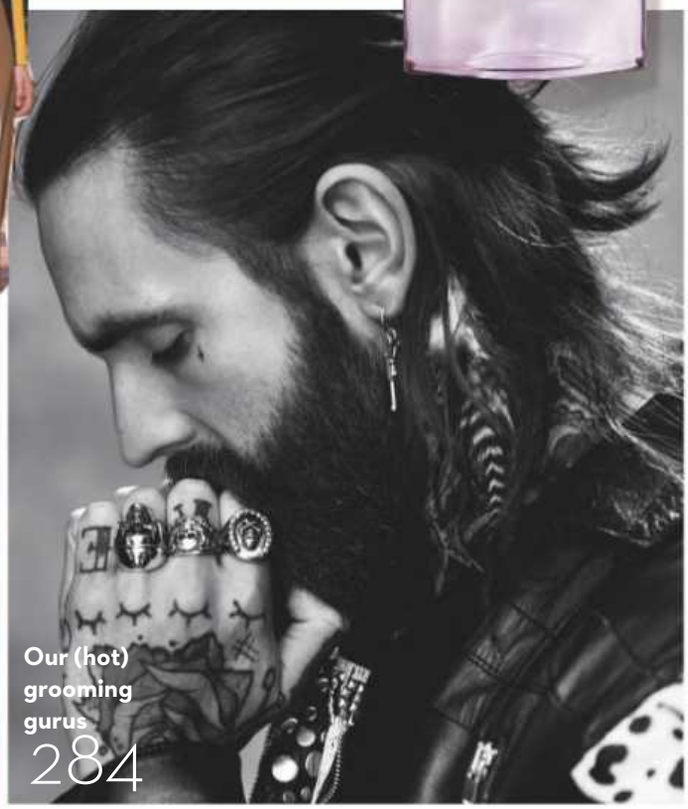
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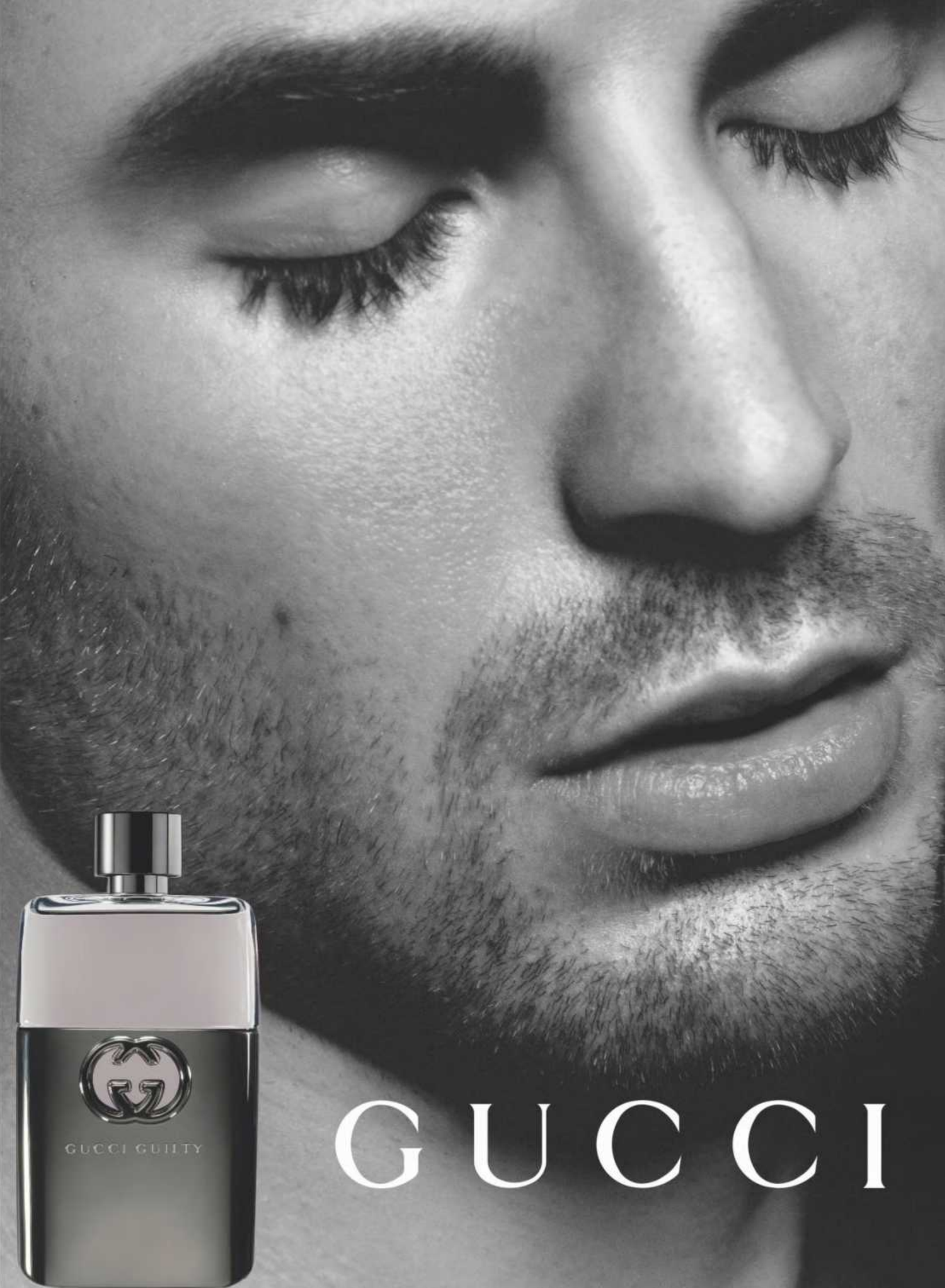


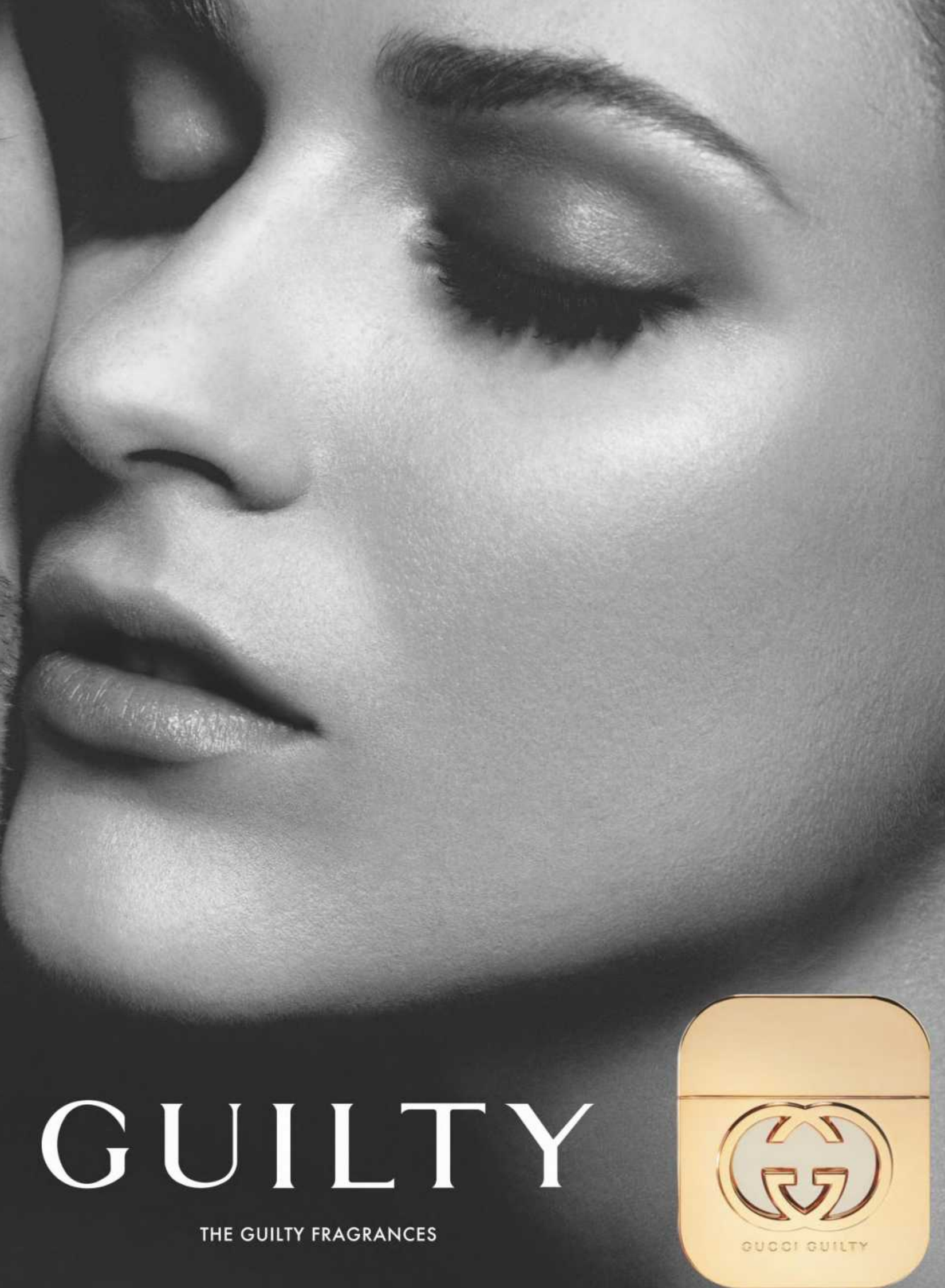
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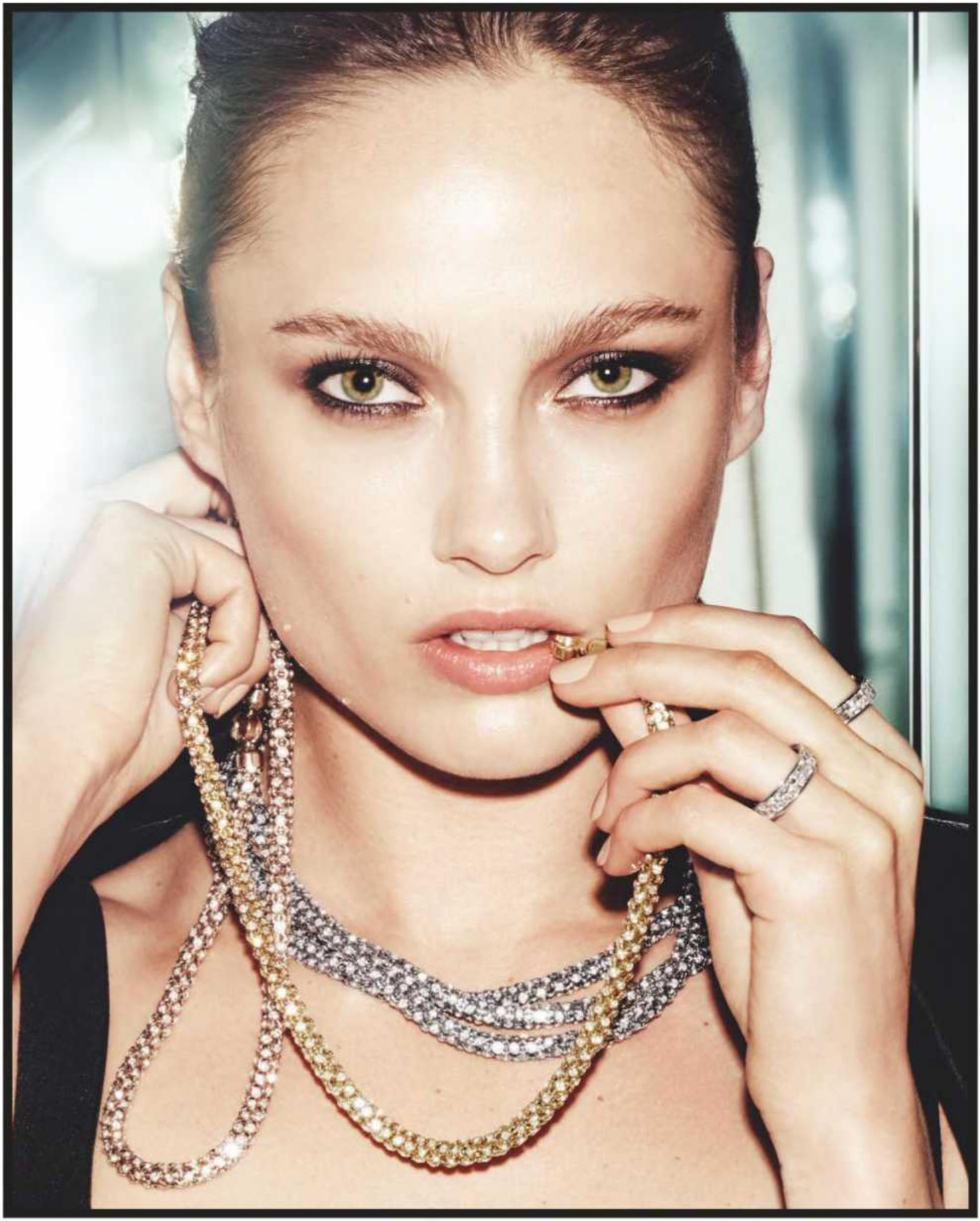
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Letters

YOU TELL US

Have your say on *Marie Claire* via email, Twitter, Facebook or old-school post

Letter of the month

I was interested to read about the reported reactions of friends and family to the single status of the women featured in 'All The Single Ladies'. I faced a similar situation when my decision to not have children elicited pity and disapproval from some family members. They either said, 'Oh, poor you, having kids is the ultimate purpose to life!' or branded me selfish for not taking on the responsibility. I am sure that bearing children is the most important challenge in the world for many women, but it's not the only one. Similarly, being part of a couple is a necessity for some, however it does not suit us all. Life can still be fulfilling in other ways. Although marriage and children may be the most popular life choice, it doesn't mean we all have to follow that pattern.
Jo, Nottingham



WIN!

The writer of the letter of the month will win a fabulous make-up set, worth over £290, by Italian cosmetics brand Lord & Berry (lordandberry.com).



VITAL SUPPORT

I found 'Heal Me', your article on women's recovery after domestic abuse, really valuable. According to the World Health Organization, violence against women has now reached epidemic proportions, and I believe that health workers should be trained to recognise the different signs of abuse, whatever form it comes in. No woman should ever have to carry the blame when violence is put upon her.
Vanessa, Flintshire

FACE VALUE

As an aesthetic nurse specialist with my own private clinic, it was great to read facts about one of the most common procedures in the world today in 'Botox For Beginners'. However, I was disappointed that you singled out cosmetic dermatologists and dentists only as being the best practitioners. I would like to draw your attention to the British Association of Cosmetic Nurses (BACN), which sets out standards, policies and procedures for us skilled aesthetic nurses to follow. Our priority is always patient safety and excellent clinical standards, and our work speaks for itself.
Julia, by email

REALITY CHECK

I was moved by your October Bulletin story that addressed the economic situation in Greece. I'm Greek and left my wonderful country two years ago to study in the UK. After recently complaining about my life, your article brought me back down to earth. Thank you for highlighting the hardships people in Greece are dealing with, all the while keeping their dignity. It was sad to read, but also inspiring.
Georgina, by email

FAMILY TIES

Thank you for 'My Parents Divorced Me' (October issue). My mother had a difficult relationship with her mother, which culminated in her being told 'I have no daughter'. As a result, my mum has a low opinion of herself, but she's made a conscious effort to tell me and my brother how much she loves us. It's important to talk about these issues, because people worry that history will repeat itself. But my mum, and many others, prove otherwise.
Catherine, by email

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The @marieclaireuk team were out in force (in our finest footwear) at #LFW and #MFW to catch the likes of @JOSEPH_FASHION, @OSMANstudio and @maxmara



marie claire social

Fashion Week fever, hot male models and their grooming habits, tattooed dolls and one iconic sofa – it's been an *interesting* month



Beauty assistant Charlotte gets around #LFW in style thanks to @mybeautyandgouk



All the jewels from this month's main fashion shoot and (below) picture assistant @lauracampb chilling on Monica's couch at #FriendsFest – could we *be* any more jealous?





Hot tips: Dolce & Gabbana Nail Lacquer in Dora



Classic Kewpie dolls get a tattoo makeover at the Miniature Ink exhibition @atomicagallery in Covent Garden



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@RickiSamHall getting prepped for our men's grooming shoot

Last month's #TheBigQuestion was: Are you happiest when you're single or in a relationship?

Sarah Bullock @sezbomb2102 @marieclaireuk Single, as when I'm in a relationship, the guy always gets jealous!

Ashleigh's Tea Party @ashleigh_suze @marieclaireuk I was happiest single as all my relationships made me miserable!

Jade @Jade1872 @marieclaireuk In a HAPPY relationship. Otherwise you are better off single.

Naomi Parr @Naye1980 @marieclaireuk Single, as it means I only have to focus on my own needs.

This month's #TheBigQuestion How much do you worry about your fertility?


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LOVE & LIFE


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Transform your look with the Velvet Collection. The foolproof smokey eye trio combines new Velvet Volume Mascara, Smokey Eye Drama Kit and Masterpiece Liquid Eyeliner.
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Coach Swagger 27 in metallic blue
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marie claire

FASHION FIRST



DRIES VAN NOTEN

HOT RIGHT NOW...

DESIGNER THREADS
Winter fabrics get a luxurious new-season spin. *Hello* brocade

THE BIG PICTURE
Coats, shoes, bags: get party-ready with AW15's hero add-ons

DANCE-FLOOR DIVAS
Ditch the office-do dress – glam trousers are the new movers and shakers

PHOTOGRAPH BY IMAXTREE



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TREND #1 BROCADE BRIGADE

RICH, BAROQUE FABRICS ARE THE ONLY WAY TO DO OPULENT THIS SEASON



Earrings, **£99**, Sif Jakobs Jewellery

Dress, **£99**, Monsoon

Coat, **£85**, Oasis

Scarf, **£29**, East

Clutch, **£428**, Dries Van Noten at Liberty

OSMAN

Trousers, **£720**, Marni

Top, **£238**, MarquesAlmeida

Boots, **£795**, Rupert Sanderson

Sandals, **£45**, Oasis

Culottes, **£55**, ASOS

MARQUES'ALMEIDA

STYLE TIP

Make a statement in head-to-toe prints. Choose clashing, shimmering patterns for extra impact

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PRADA

Coat, **£269**, Hobbs

Jacket, **£420**, Acne Studios at Liberty

Cuff, **£230**, Tod's

Sunglasses, **£190**, Karen Walker

Clutch, **£228**, Kate Spade New York

TREND #2 FEELING FLUSH

FROM PEACH TO FUCHSIA, THE PINK LADIES ARE OUT IN FORCE

Dress, **£75**, Finery London

STYLE TIP

For an alternative, less saccharine take on the trend, look for modern shapes, such as Acne Studios' bomber

Sweater, **£280**, AG Jeans

Skirt, **£525**, Barbara Casasola

Bag, **£850**, JW Anderson

Shoes, **£825**, Nicholas Kirkwood

MARQUES'ALMEIDA

DOLCE & GABBANA



Dress, **£400**, Hugo Boss

Sweater, **£325**, John Smedley at Fenwick

Hat, **£59**, Johnstons of Elgin

Trousers, **£155**, Sandro

TREND #3 WOOL PACK

SLOUCHY, SOFT AND SUPER-CHIC, WE'RE NOT TAKING OURS OFF UNTIL APRIL

Skirt, **£185**, Isabel Marant at Liberty

Boots, **£1,445**, Gianvito Rossi at Luisavia roma.com

STYLE TIP

Why stop at a sweater? Invest in knitted trousers and dresses, then team with equally soft suede accessories

Socks, **£35**, By Malene Birger

Dress, **£695**, Stella McCartney at Matchesfashion.com

Bag, **£245**, Russell & Bromley

Shoes, **£650**, Barbara Casasola

JOSEPH

HUNTER

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1. £615, Nicholas Kirkwood **2. £90**, Ashley Williams x Red Or Dead **3. £130**, Carvela **4. £199.99**, Balmain x H&M **5. £995**, Rupert Sanderson **6. £159**, Senso **7. £80**, Aldo **8. £55**, River Island **9. £328**, Kate Spade New York **10. £375**, Russell & Bromley **11. £1,291**, Rochas at Matchesfashion.com



'The block heel means no sore feet at the end of the night'


CELINE

THE SHOE PARADE

BLING Vs BONDAGE

Think on your feet: dazzle in embellished beauties or up the pace in power heels ▸



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'We love this update on the classic court'



6



7



8



9



10



11



12

1. £640, Valentino **2. £120**, Carvela
3. £16.99, Public Desire **4. £795**, Jimmy Choo
5. £625, Christian Louboutin **6. £120**, KG by Kurt Geiger **7. £19.99**, New Look **8. £69**, Topshop
9. £170, Reiss **10. £1,045**, Alexander McQueen
11. £45, ASOS **12. £18**, Primark



JULIEN MACDONALD

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Necklace, Uterque.com **£65**

Scarf, John Lewis **£25**

Boots, New Look **£64.99**

Skirt, French Connection **£70**

Dress, Hallhuber **£99**

Belt, LK Bennett **£75**

Purse, Marc by Marc Jacobs at Thecorner.com **£45**

UNDER £100

MONO TONE

What's black and white and worn all over? AW15's chicest catwalk trend



Sweater, Intimissi **£52**

Shirt, Next **£28**



Shoes, Office **£28**

STYLED BY HANNAH LEWIS. PHOTOGRAPHS BY JASON LLOYD-EVANS. STILL LIFES BY NOHALIDEDIGITAL.COM





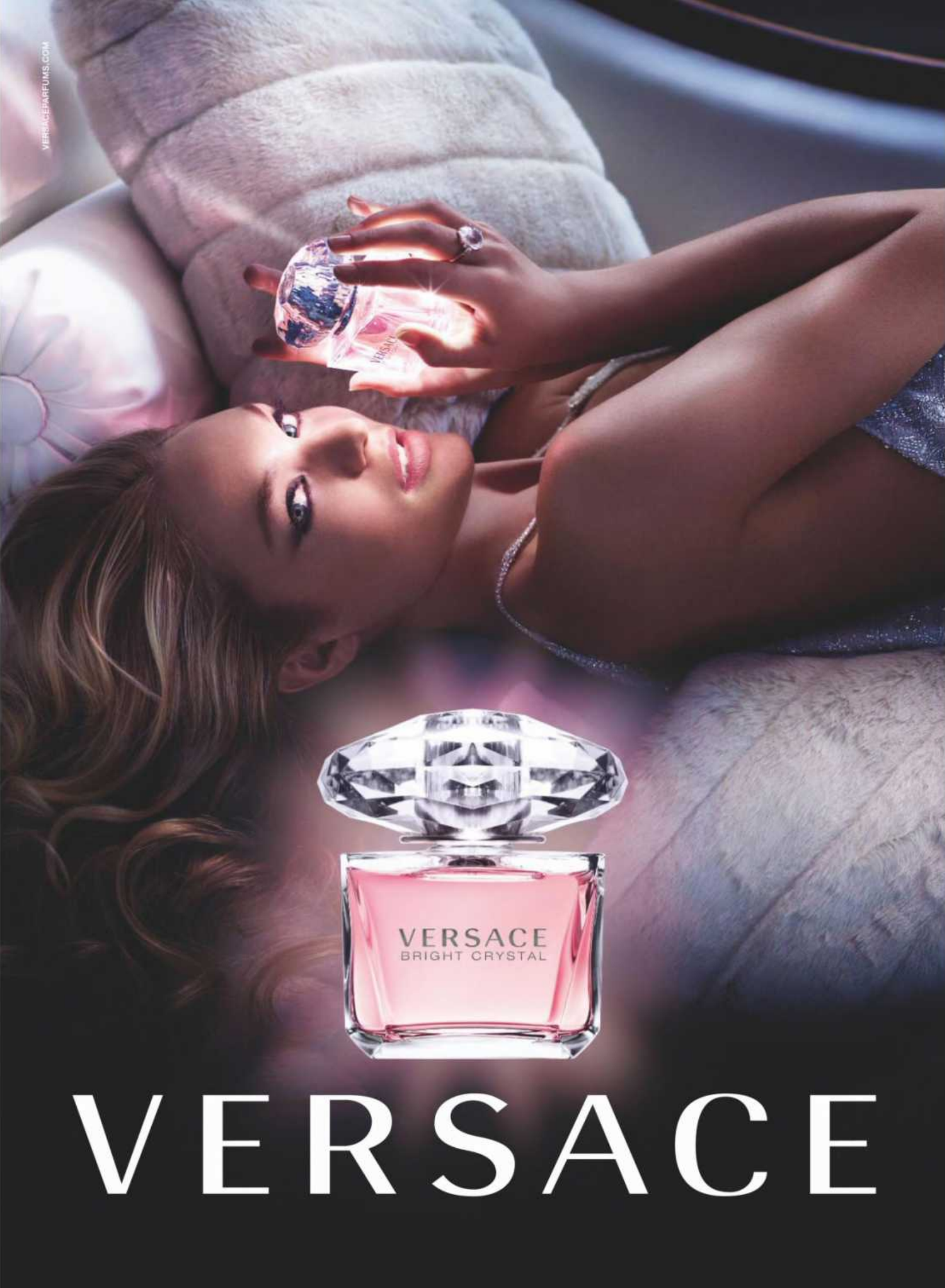
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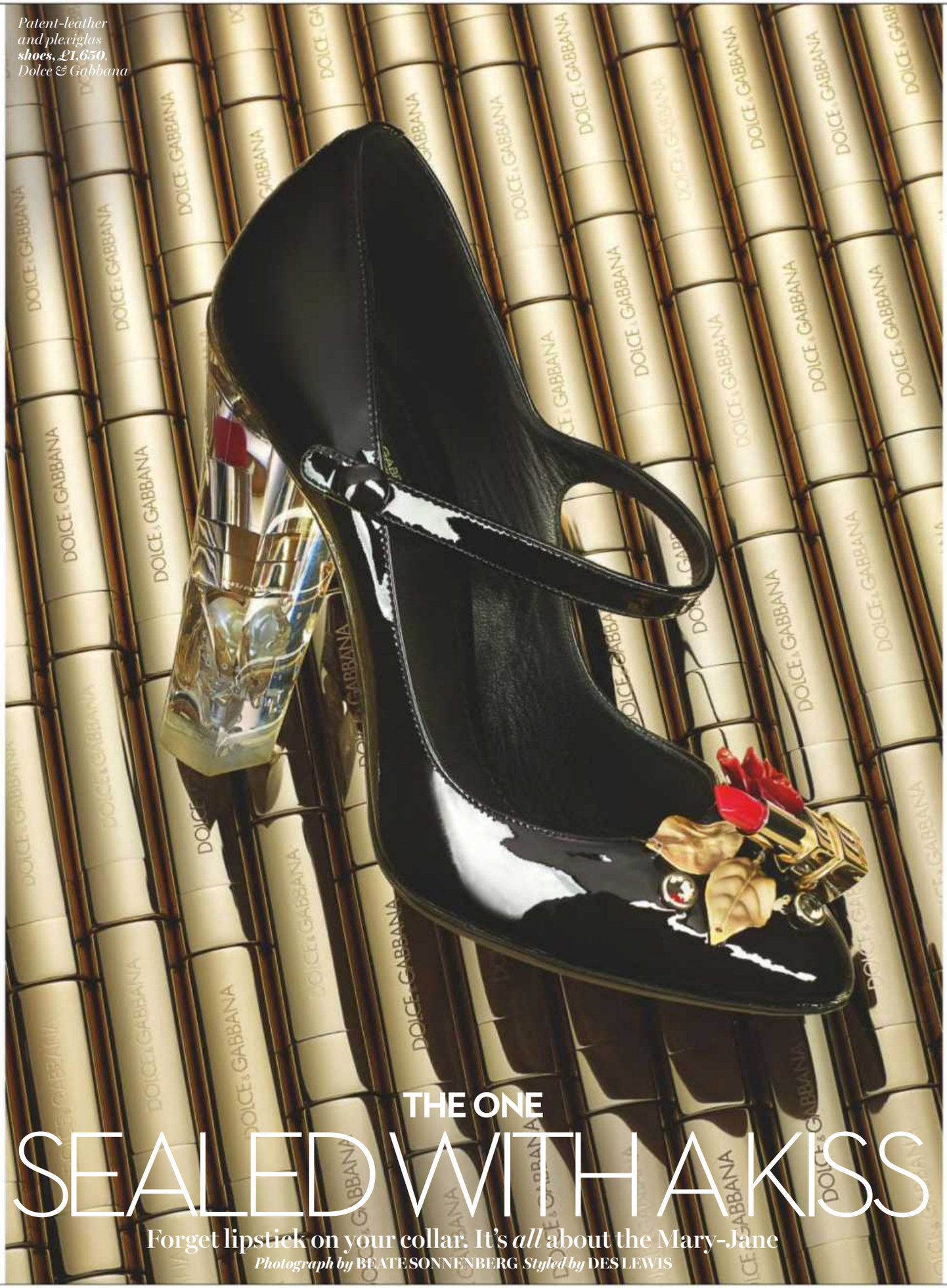
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Photograph by BEATE SONNENBERG *Styled by* DES LEWIS

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THE PERFECT FINISH

Your LPD (Little Party Dress) is sorted. But what to wear with it? Here's how to style up AW15's coolest dress shapes, from the coat to the accessories. Well, it *is* Christmas...



Coat, **£1,400**, Osman

THE MAXI

A floor-length dress doesn't automatically require a floor-skimming coat. Play with your proportions and go for a midi cover-up instead. For an attention-grabbing yet elegant look, experiment with colour and fabrics. ▶

Clutch, **£630**, Emporio Armani

Necklace, **£209**, MICHAEL Michael Kors

Shoes, **£595**, Camilla Elphick

Dress, **£125**, & Other Stories



THE OFF-THE-SHOULDER DRESS

Invest in a cape if you're sporting a dress with a tricky neckline – it's a warmer and more regal alternative to throwing a coat over your arms. Black is a safe choice, but this off-white cape is just as elegant and will polish off your look perfectly. Just make sure you take it off before you hit the red wine.



THE FULL SKIRT

Go for a cropped coat or jacket to really make a feature of the skirt and cleverly avoid unwanted wrinkles. A faux-fur number is sure to keep the cold at bay. Team with glittery flats for a modern Park Lane-princess vibe. ■

SEASONAL SPINS

Reworking last year's outfit? Hit up on these hero-buy add-ons instead



BEAUTIFUL BROOCHES

1. £505, Miu Miu **2. £8.50**, Allusions at BHS **3. £10**, Accessorize **4. £74**, Swarovski



DIRECTIONAL SCARVES

1. £44.95, Maison Scotch by Scotch & Soda **2. £185**, Jane Carr **3. £178**, Valentino at Luisaviaroma.com



SIZZLING-HOT HEELS

1. £695, Jimmy Choo **2. £120**, KG Kurt Geiger **3. £700**, Marco de Vincenzo **4. £139**, Senso



CUTE CLUTCHES

1. £795, Tonya Hawkes **2. £30**, Dorothy Perkins **3. £59**, John Lewis **4. £1,440**, Paula Cademartori

COMPILED BY ABISOYE ODUGBESAN, GRACE SMITHAM. PHOTOGRAPHS BY IMAXTREE. STILL LIFES BY PSC PHOTOGRAPHY



Charlotte et sa fille Alice

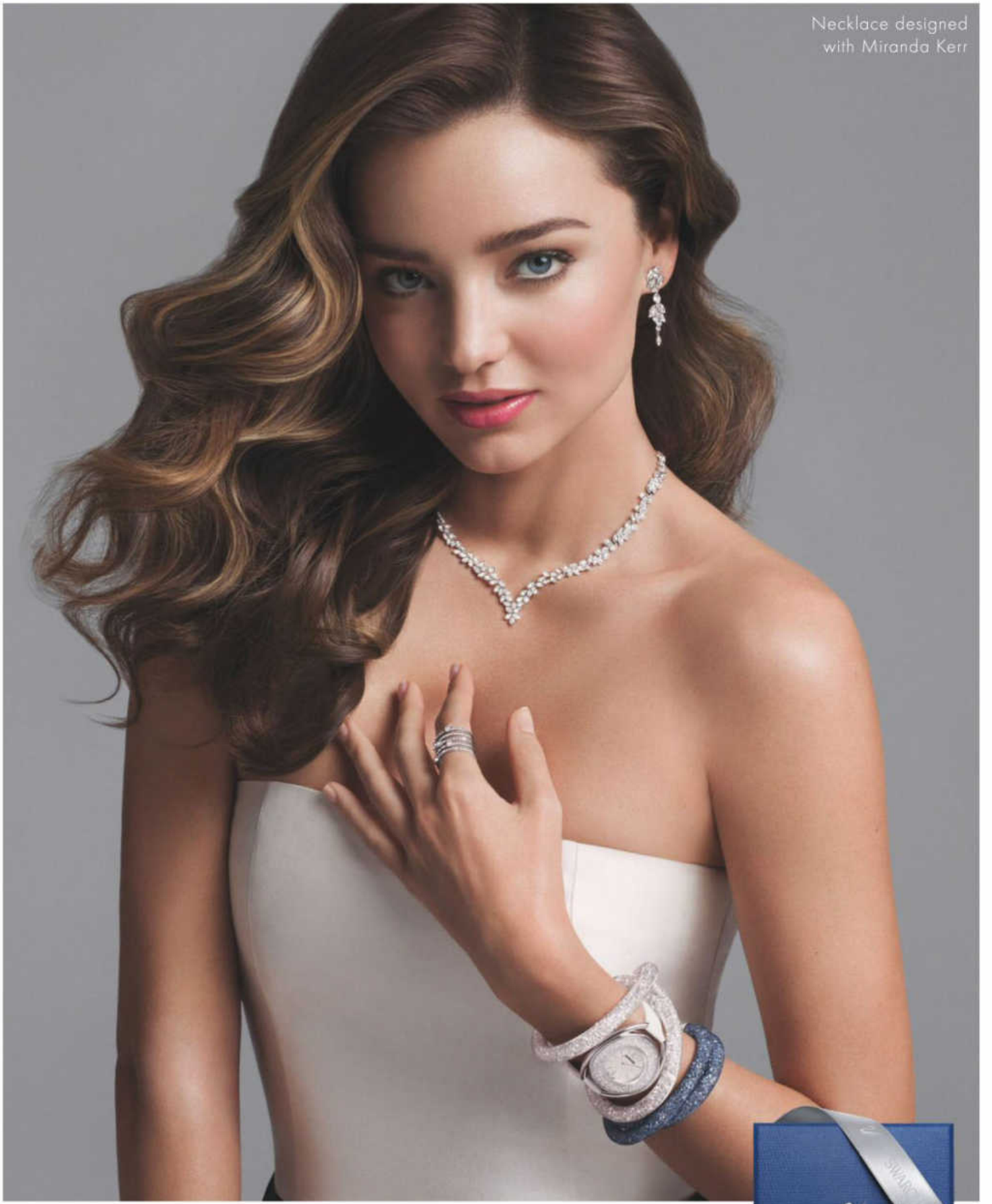
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SPREE

STAR QUALITY

TROUSERS, £195, French Connection; top, £50, ASOS; scarf, £18, Marks & Spencer; shoes, £520, Bionda Castana; earrings, £6, Accessorize

HAIR BY TERRI CAPON USING DAVINES FOR HAIR. MAKE-UP BY LOUISE DARTFORD AT STELLA CREATIVE ARTISTS USING BALANCE ME. MODEL: MELISSA BELL AT SELECT



SPLURGE

GET IN LINE

TROUSERS, £430, Dries Van Noten at Browns; jacket, £395, Sonia by Sonia Rykiel; roll-neck sweater, £209, Sandro; trainers, £99, Kurt Geiger; earrings, £25, Whistles; rings (from left), £20, Whistles; £45 each, Pandora; bag, £595, Aspinal of London

3 WAYS TO WEAR...

PARTY TROUSERS

'Tis the season... Invest in some fancy pants to see you through

Photographs by PETE PEDONOMOU
Styled by LUCIA DEBIEUX



STEAL

VELVET REVAMP

TROUSERS, £79.99, Balmain X H&M; blouse, £28, River Island; shoes, £295, LK Bennett; earrings, £9.99, Zara; rings, as before


CHANEL


PRADA


DOLCE & GABBANA

STANDOUT STYLE

From Chanel's chic clip to D&G's slides and tiaras, hair accessories should be your AW15 staple. Try ASOS and Accessorize for affordable alternatives.


STELLA McCARTNEY



FASHION DETAILS

HOT IDEAS AND CHIC LOOKS FOR AN INSTAGLAM WARDROBE

BOLD SHOULDER

Start the hunt for a head-turning dress at Stella McCartney and Balmain, whose runway collections featured a *lot* of bare-shoulder action. Whatever the style, this look is a subtle way to vamp up your sex appeal.

BALMAIN

BOW SELECTOR

If you think bows are for the under-tens only, you're very much mistaken. Whether you opt for one statement whopper or multi-bow coverage, this is a trend you'll definitely want to get involved in this winter.


1

2

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1. *Top,* ***£242.78****, Tibi*
2. *Sandals,* ***£42****, Topshop*
3. *Shorts,* ***£286****, Emma Cook*
4. *Shoes,* ***£60****, Aldo*

LUST ITEM

Proenza Schouler's exclusive holiday collection features its signature perforated leather with a range of pins and badges, so you can make yours totally unique, with no damage done. Super-fun and perfectly in time to make it on to our Christmas wish list.



Bag, **£630**, and pins, **£60** each, all Proenza Schouler at Selfridges

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Salvatore Ferragamo's creative director, Massimiliano Giornetti



SALVATORE FERRAGAMO AW15

The works of artist Sonia Delaunay were an inspiration: 'Her stripes, geometry, and the mixing of different materials inspired some of Salvatore's own most iconic designs,' explains Giornetti.



Salvatore Ferragamo AW15



Salvatore Ferragamo AW15

Dress, **£2,155,** Salvatore Ferragamo





Top, **£1,660,** Salvatore Ferragamo

'The oversized, chunky construction of the belts provided a contrast with the fluidity of the clothes.'

'I start the season with the shoes. They're not just accessories; they reflect and translate a person's style and personality.'



Belt, **£465,** Salvatore Ferragamo

STYLE SPOTLIGHT

SALVATORE FERRAGAMO

HOW DO YOU TURN A SHOE INTO A COAT? That's the challenge Salvatore Ferragamo's Massimiliano Giornetti faces every season. Back in the 20s, the founder of the iconic Florentine house started out creating cowboy boots for Western films and became famous as Hollywood's *cobbler du choix*, with clients such as Greta Garbo and Marilyn Monroe.

In 2010, Giornetti took over as creative director and wanted to put the label on the map for womenswear, too. 'To me, it's about mixing the glamour of Hollywood with the Italian spirit; this idea of *savoir faire*,' he explains.

The autumn/winter collection was a standout, with the clothes – silky slip dresses, geometric prints and lust-worthy coats with oversized buttons – grabbing as much limelight as the accessories, and almost (whisper it) overshadowing them. But references to iconic shoe designs are everywhere. The patchwork motif running through the collection echoes a shoe from the 30s. And those big buttons? Taken from a 1958 heel in the archives.

Here, Giornetti talks us through his AW15 mood board and *that* catwalk carpet…

WORDS BY JOSIE AYRE. PHOTOGRAPHS BY ALAMY, GETTY IMAGES, SALVATORE FERRAGAMO, STILL LIFES BY NOHALIDEDIGITAL.COM





A patchwork carpet created for the Milan show caused controversy, reveals Giornetti: 'Everyone was saying it would kill the dresses but, to me, the collection is about different colours and textures overlapping to create big contrasts. After the show, everybody wanted a piece of it and it's now in the office.'



Dress, **£5,115,** Salvatore Ferragamo



Skirt, **£1,510,** Salvatore Ferragamo



Sandals, **£1,395,** Salvatore Ferragamo



Beyoncé and Gwyneth Paltrow are fans of the Florentine house





Salvatore Ferragamo AW15

'A fashion show is really interesting to me. It's like creating a short movie, where the hair, make-up, talent, music and the setting create a three-dimensional world.'



Salvatore Ferragamo boots from the archives



Lady Gaga wearing Salvatore Ferragamo



Coat, **£2,155,** Salvatore Ferragamo

FASHION GIRL PROBLEMS

Even fashion editors have style dilemmas. This month, Abi Odugbesan asks:
What's the right bra for my party dress?



Abi Odugbesan
Senior fashion assistant

CHOOSING WHICH SHOES and accessories to wear with your party dress is at the top of our to-do lists. Yet underwear is often an afterthought. The right kit can take you from feeling awkward and uncomfortable to confident and amazing. We've taken three dresses and matched them with the perfect bra solutions.



THE DEEP V NECK

This is not a dress for a wallflower, but if you've got it, flaunt it – just make sure it stays in place. Fashion Forms offers the genius Ultimate Boost cups (3). These self-adhesive cups are the perfect solution for deep v-neck dresses and tops, as well as backless numbers, and are slightly padded for lift. We also love this Wonderbra plunge bra (2) – ideal for a low-cut dress.


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THE OFF-THE-SHOULDER NUMBER

There is nothing more unflattering than see-through bra straps, so for an off-the-shoulder or one-shoulder dress, invest in a well-shaped strapless bra. The perfect fit will offer you great support and will stay in place, so that you don't spend your entire night fidgeting with your bra.




6

THE BACKLESS BEAUTY

At first glance this dress doesn't seem that problematic – surely a strapless bra would do the trick? Afraid not. The back is cut low, so any strapless bra would be visible. Fashion Forms comes to the rescue again with the self-adhesive backless strapless bra (7), which can be worn with open-back or halter-neck dresses.


7

1. Dress, **£119.99**, Balmain x H&M
2. Bra, **£32**, Wonderbra
3. Cups, **£12** for two, Fashion Forms at Net-a-porter.com
4. Dress, **£145**, Keepsake at Veryexclusive.co.uk **5.** Bra, **£40**, Freya
6. Dress, **£190**, Three Floor
7. Bra, **£45**, Fashion Forms at Net-a-porter.com

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EXPRESS YOURSELF

Emoji obsessed? Same here. Show your allegiance to the classic smiley face (or its grumpy counterpart if it's one of *those* days) by adorning yourself with an emotionally charged necklace. Loquet London also offers a charm for every mood.

1. **£665**, Ruifier
2. From **£599**, Loquet London

JEWELLERY REPORT

Invest in AW15's hottest jewellery trends and add a precious touch to your look



WILD THINGS

Channel Disney's Snow White by embellishing just about everything – including your jewels – with woodland scenes this season.

1. Earrings, **£260**, i+i Jewellery **2.** Pendant, **£2,500**, and chain, **£1,100**, both Annoushka **3.** Earrings, **£162**, Alex Monroe **4.** Charm **£475**, and ring, **£225**, both Dodo

RETRO ROCKS

Jewellery is having a bold moment, and it's *all* about rocking the 70s vibe in a palette of leafy greens, browns and rich blues.





1. Bangle, **£115**, Michael Kors **2.** Choker, **£204**, Cornelia Webb **3.** Earrings, **£6.50**, Daisy & Eve at Evans **4.** Ring, **£8**, ASOS **5.** Earrings, **£9.99**, Zara

FASHION FRINGE

If you're like us, you'll still be clutching on to your Stevie Nicks-inspired summer wardrobe. Take it into winter by layering tasselled jewellery over embroidered fabrics. ▶





1. Earrings, **£13**, River Island **2.** Bangle, **£350**, Chloé **3.** Necklace **£15**, Accessorize **4.** Ear cuff, **£100**, Bimba Y Lola **5.** Charm, from **£15**, and chain, **£45**, both Endless jewellery

CURVE APPEAL

Electrify an otherwise minimal outfit by adding a few intertwining metal cuffs to your ensemble. *Now*, ladies, you're suitably armed for winter.



GIAMBATTISTA VALLI

1. Ear cuff, **£195**, Katie Rowland **2.** Ring, **£90**, Ganni x Sophie Bille Brahe **3.** Cuff, **£330**, Delfina Delettrez **4.** Ring, **£99**, Sif Jakobs



BLACK BEAUTIES

Suppressing your inner goth? It's time to let her loose. Swap your usual white tee for a gun-metal number and layer up skull-adorned jewellery and black-gem detailing. Dark times lie ahead.



NICHOLAS K



1. Earrings, **£55**, Links of London **2.** Earrings, **£165**, Alexander McQueen **3.** Earrings, **£70**, Pandora **4.** Ear cuff, **£12.50**, Freedom at Topshop **5.** Ring, **£95**, Anton Heunis at Veryexclusive.co.uk **6.** Choker, **£380**, Eddie Borgo, eddieborgo.com

BLUE MOOD

Actually, all that glitters isn't gold - blue is the colour du jour. Dive in, and add sapphire stones to your collection. We. Love.

WORDS AND STYLING BY HANNAH LEWIS, JOSIE AYRE
PHOTOGRAPHS BY ALAMY, IMAXTREE, JASON LLOYD-EVANS



JW ANDERSON

1. Bracelet, **£69**, Miranda Kerr for Swarovski **2.** Necklace, **£135**, Missoma **3.** Earrings, **£70**, Thomas Sabo **4.** Ring, **£49**, Astrid & Miyu **5.** Earrings, **£50**; charms, **£260** each, all Dodo **6.** Necklace, **£270**, Monica Vinader

INNER CIRCLE

If they make you think gypsyesque, you clearly haven't seen this season's new take on hoops. Go for pairs with a modern edge, or double up with interlocking styles. ■



TIBI

1. **£70**, Maya Magal **2.** **£225**, Dinny Hall **3.** **£15**, Whistles **4.** **£325** (large hoops); **£262** (small hoops), both Charlotte Chesnais

JIMMYCHOO.COM

JIMMY CHOO



THE ORIGINAL FRAGRANCE



Jacket, **£435**, and trousers, **£280**, both Claudie Pierlot; scarf, **£12.50**, Marks & Spencer; boots, **£625**, Camilla Elphick at Veryexclusive.co.uk; bangles, from top: **£200**, Dinny Hall; **£8** (for set of two), ASOS; ring, on model's right hand, **£140**, Kasun London; rings, on model's left hand: (ring finger) **£60** each, Dinny Hall; (index finger) **£160**, Marina Skia

101 IDEAS

NIGHT FEVER

Give your eveningwear a 70s spin with some glam-rock staples. Think silver boots, shaggy furs and a dark-disco aesthetic

Photographs by BRIAN DALY Styled by DES LEWIS



Jacket, **£300**, Balmain x H&M



Dress, **£48**, ASOS; scarf, **£3.99**, New Look; earring, model's own; necklace, **£85**, Pandora; bangle, **£200**, Dinny Hall; ring, on model's right hand, **£140**, Kasun London; rings, on model's left hand: (ring finger) **£60** each, Dinny Hall; (index finger) **£160**, Marina Skia



Top, **£195**, MICHAEL Michael Kors; trousers, **£59.99**, Zara; boots, **£625**, Camilla Elphick at Veryexclusive.co.uk; rings, from left: **£160**, Marina Skia; **£60** each, Dinny Hall



Dress, **£445**, DKNY; ring (just seen), **£140**, Kasun London



Coat, **£149**, East; shirt, **£40**, Next; trousers, **£185**, Sandro; ring, **£140**, Kasun London



ELIE SAAB

LE PARFUM



Coat, **£495**, Karl by Karl Lagerfeld; shoes, **£239**, Sandro; tights, **£3.99**, Calzedonia; earrings, **£68**, Alice Eden; rings, on model's left hand: (ring finger) **£60** each, Dinny Hall; (index finger) **£160**, Marina Skia

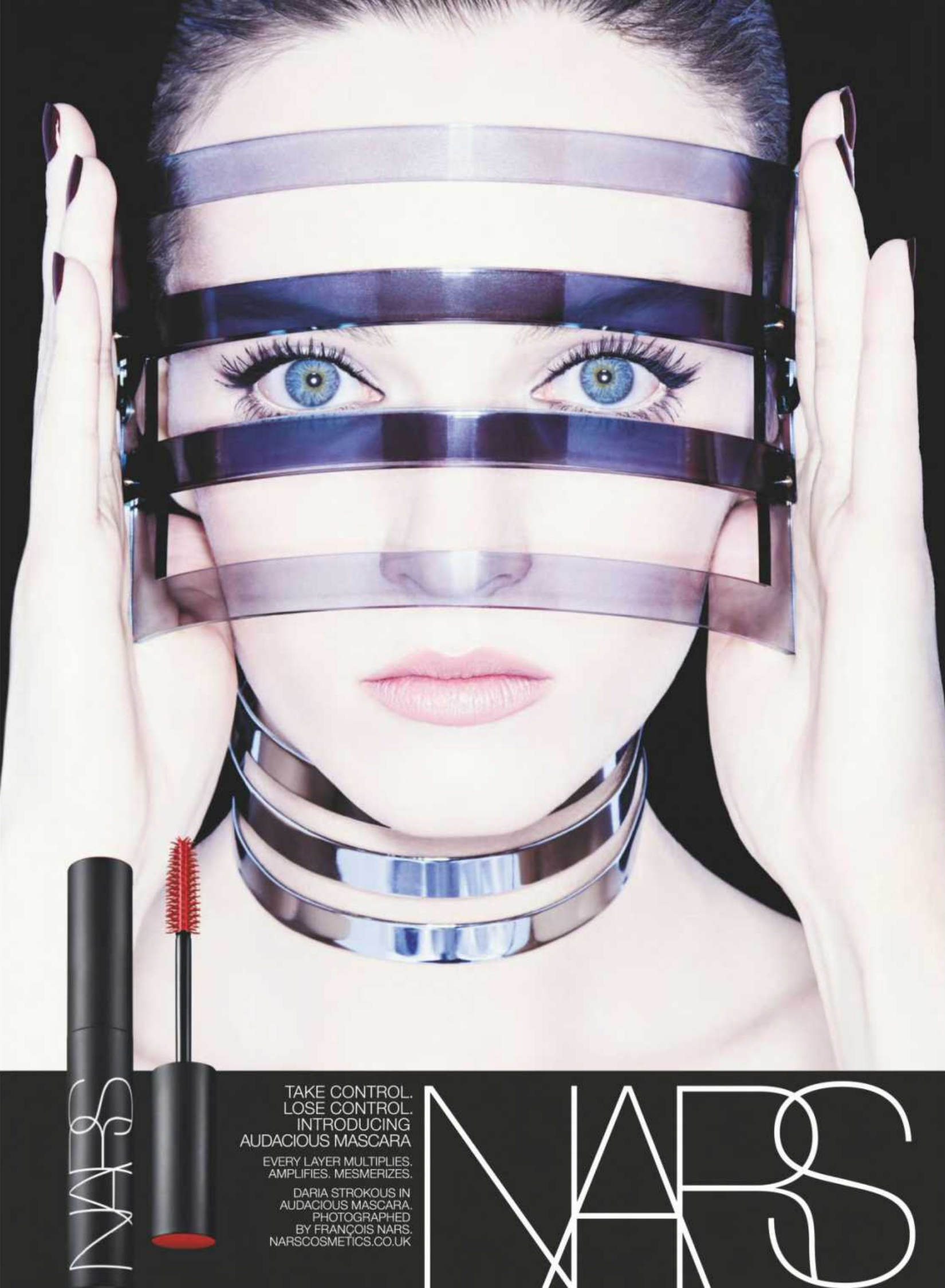


Jumpsuit, **£65**, River Island; top, **£55**, Phase Eight; boots, **£625**, Camilla Elphick at Veryexclusive.co.uk; rings, on model's left hand from top: **£160**, Marina Skia; **£60** each, Dinny Hall; ring, on model's right hand: **£140**, Kasun London



Dress, **£119.99**, Balmain x H&M; tights, **£4**, Calzedonia; ring, on model's right hand, **£140**, Kasun London; rings, on model's left hand: (ring finger) **£60** each, Dinny Hall; (index finger) **£160**, Marina Skia

HAIR BY HEATH MASSI AT FRANK AGENCY USING HAIR REHAB LONDON. MAKE-UP BY IRENA ROGERS USING CHANEL CHRISTMAS 2015 AND CHANEL BODY EXCELLENCE. MODEL: EVANGELINE ENDRES AT WILHELMINA MODELS. SHOT ON LOCATION AT BETHNAL GREEN WORKING MEN'S CLUB. FOR INFORMATION, VISIT BGWMC.COM


NARS
TAKE CONTROL.
LOSE CONTROL.
INTRODUCING
AUDACIOUS MASCARA
EVERY LAYER MULTIPLIES.
AMPLIFIES. MESMERIZES.
DARIA STROKOUS IN
AUDACIOUS MASCARA.
PHOTOGRAPHED
BY FRANÇOIS NARS.
NARSCOSMETICS.CO.UK
NARS

MARIE CLAIRE GOES SHOPPING

After some sartorial hits for the festive season? Here's our top five new entries

1 2 3 4 5



1. COOL CUTS

River Island has launched a sophisticated 20-piece collection of beautifully tailored hero buys, called Studio Line. Expect a waiting list and some seriously sharp separates.

2. FLASH MOB

The AW15 catwalks were awash with sequins and glitter. Now it's your turn to shine with these party wardrobe must-haves.



Bag, **£295**, Kate Spade New York





Bag, **£125**, Lulu Guinness

3. MOON WALKING

Cool collab alert! Jimmy Choo has teamed up with edgy brand Moon Boot to release a limited-edition line of footwear, with eight styles. Let it snow, let it snow, let it snow.



Boots, **£495**, Jimmy Choo x Moon Boot



4. PRETTY WOMAN

Julia Roberts stars in Italian brand Calzedonia's new-season campaign. So, if you didn't want everything in the luxury label's Made in Italy collection already, you might do now.



Watch, **£185**, Skagen

5. STYLE O'CLOCK

This black leather and gold timepiece from Skagen is at the top of every fash-pack's Christmas wish list. Watch this...



TAKE CONTROL.
LOSE CONTROL.
THE AUDACIOUS
LIPSTICK COLLECTION

DARIA STROKOUS IN
LANA AUDACIOUS LIPSTICK.
PHOTOGRAPHED
BY FRANÇOIS NARS.
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NARS



Zara shirt, ASOS jeans, Zara shoes

MY STYLE

9 to 5

Aurelie Ollivry, beauty publicist at Monty PR London, shares her skincare tips and wardrobe essentials





Markus Lupfer sweater, Zara skirt, Zara shoes





Right: Aurelie's favourite things: Gucci 'Disco' bag; Blink candle; Vilhelm Parfumerie Room Service EDP; Green & Spring diffuser



Left: Zara dress, Calzedonia tights, Nine West boots

My clothes need to make me feel confident. But you don't have to wear designer labels head to toe. I'm a big fan of the high street and you'll often find me on ASOS.

A weekly trip to Nails & Brows in London's Green Park is a must. I feel polished with manicured nails.

I'm a jeans and T-shirt kind of girl in the office. I adore Topshop 'Hayden' boyfriend jeans. If I want to look smarter, I will go for a leather skirt, a sweater and a bright lip colour from Hourglass.

A shopping rule I live by is: if you find something you love, buy it in more than one colour. There's nothing worse than when you go back and it's gone.

I'm a big believer of investing in designer handbags. My favourite is my red Gucci 'Disco' bag.

Growing up in Mauritius, I'm comfortable in the sun, but I always make sure I moisturise. My current favourite is Mandara Body Butter. I also like Bliss and Sarah Chapman skincare. I spend a lot of time talking to journalists, researching and testing out new beauty brands and trends. It is important for me to be involved in the products we promote and love.

1. ***Dress, £265**, LK Bennett*
2. ***Jeans, £210**, AG Jeans*
3. ***Notebook, £45**, Smythson*
4. ***Sweater, £250**, Bella Freud*
5. ***Sandals, £119**, Finery London*
6. ***Skirt, £105**, Marina Rinaldi*
7. ***Lipgloss, £23**, Hourglass*
8. ***Shirt, £38**, Warehouse*
9. ***Bag, £24.95**, Gap*
10. ***Rose-gold rings, £45** each, and **silver ring, £35**, all Pandora*

STYLED BY GRACE SMITHAM. PHOTOGRAPHS BY CHRISTOPHER FENNER. STILL LIFES BY NOHALIDEDIGITAL.COM. HAIR AND MAKE-UP BY FREYA DANSON-HATCHER AT S MANAGEMENT USING BUMBLE AND BUMBLE AND COVER FX

the art OF COLOUR



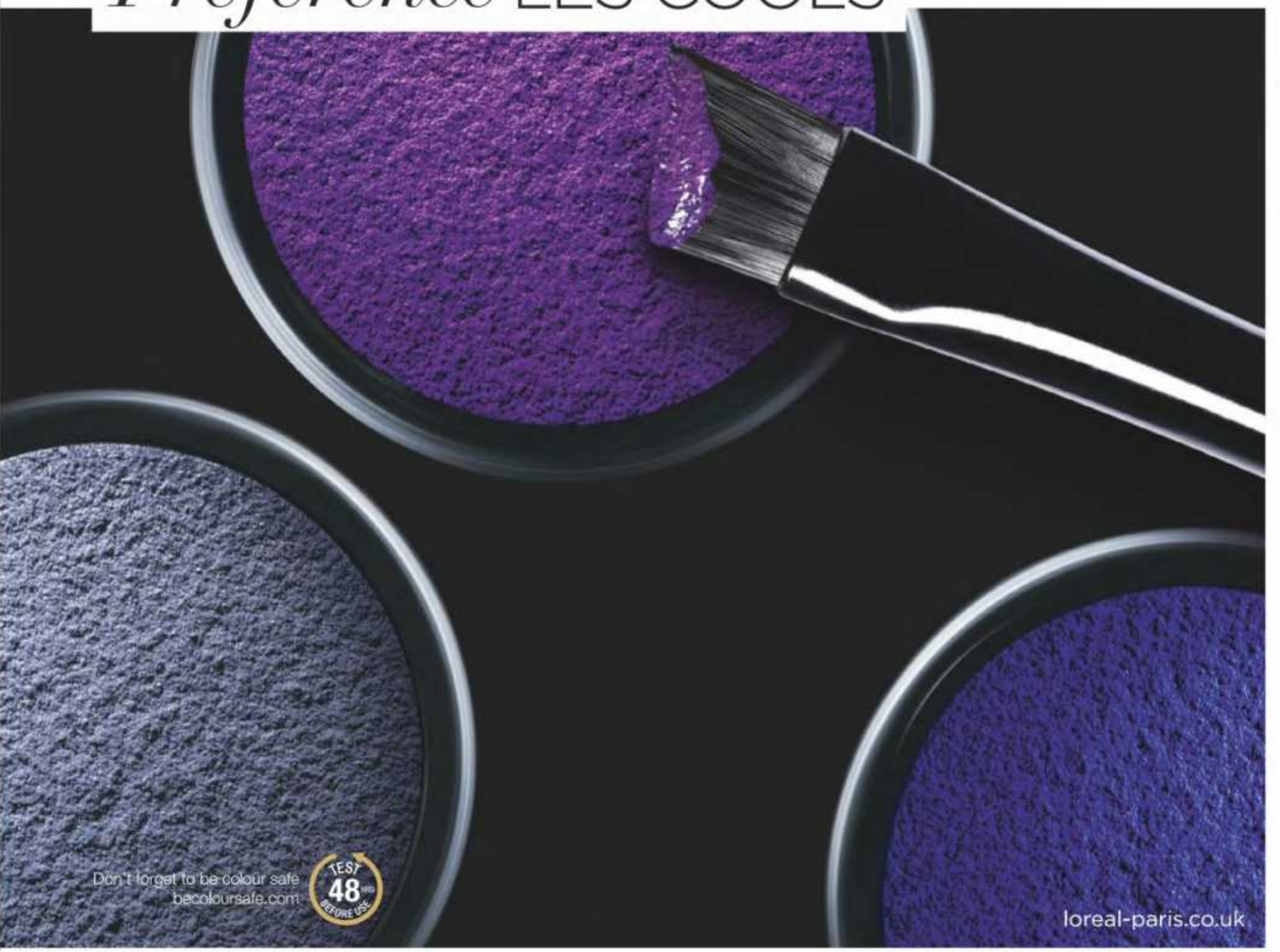
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BOTTEGA VENETA SS11 PRINT CAMPAIGN

Photographer: *Alex Prager* Designer: *Bottega Veneta*

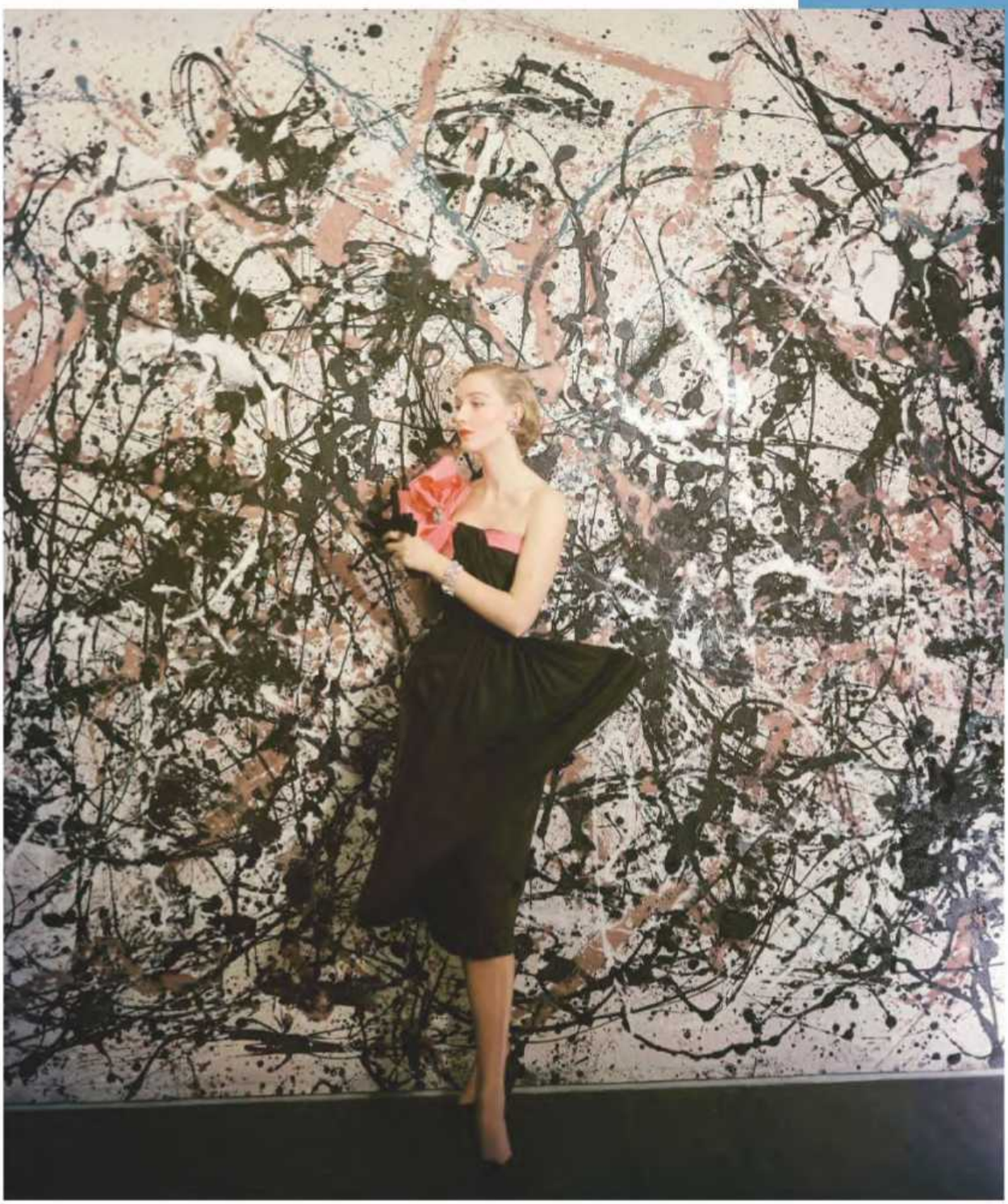
'LA artist Prager shot this in Miami with cages of pigeons. Using Alfred Hitchcock's *The Birds* as inspiration, she's captured a real sense of foreboding – what's going to happen next? It's a fun way to feature Bottega's distinctive bag, making it practically a character in a film.'



'THE NEW SOFT LOOK' SHOOT, 1951

Photographer: *Cecil Beaton* Visual artist: *Jackson Pollock*

'This post-war photo was highly controversial at the time. Some critics thought the dresses blackened Pollock's work: "How dare Beaton compare high art with fashion, by using it as a backdrop! Fashion is a lower art – if an art at all!" they said. Pollock himself was happy with the result, though.' ▶





THE ART OF FASHION

Artists and designers have been inextricably linked for decades, producing some of the most creative and surprising collaborations. Here, fashion historian EP Cutler tells *Marie Claire* about some of the most powerful pairings

Words by **ELENI KYRIACOU**



JOHN CHAMBERLAIN-INSPIRED DRESS, SS12

Designer: *Mary Katrantzou* Sculptor: *John Chamberlain*

'Chamberlain is best known for twisting crushed steel into lacquered sculptures, and here, Katrantzou has taken digital inkjet printing to unprecedented heights. To print on fabric is complicated – but the result is like living in the future. Chamberlain's work was about decay and Katrantzou has made something new from an image of something throwaway. Very meta!'

FILM STILL FROM RODARTE X MAGGIE CHEUNG COLLECTION, 2010

Designer: *Rodarte (sisters Kate and Laura Mulleavy)* Film-maker: *Wing Shya*

Inspired by actress Maggie Cheung's films, Rodarte created this stunning gown – and three others – to be captured in a short film. After film-maker Wing Shya shot the video, the dresses were shown at Joyce (Hong Kong's version of Barneys), and then auctioned off for UNICEF. I love the fact that the dress was inspired by film and then became a film itself.'



'TRICKS & TREATS' SHOOT, 2009

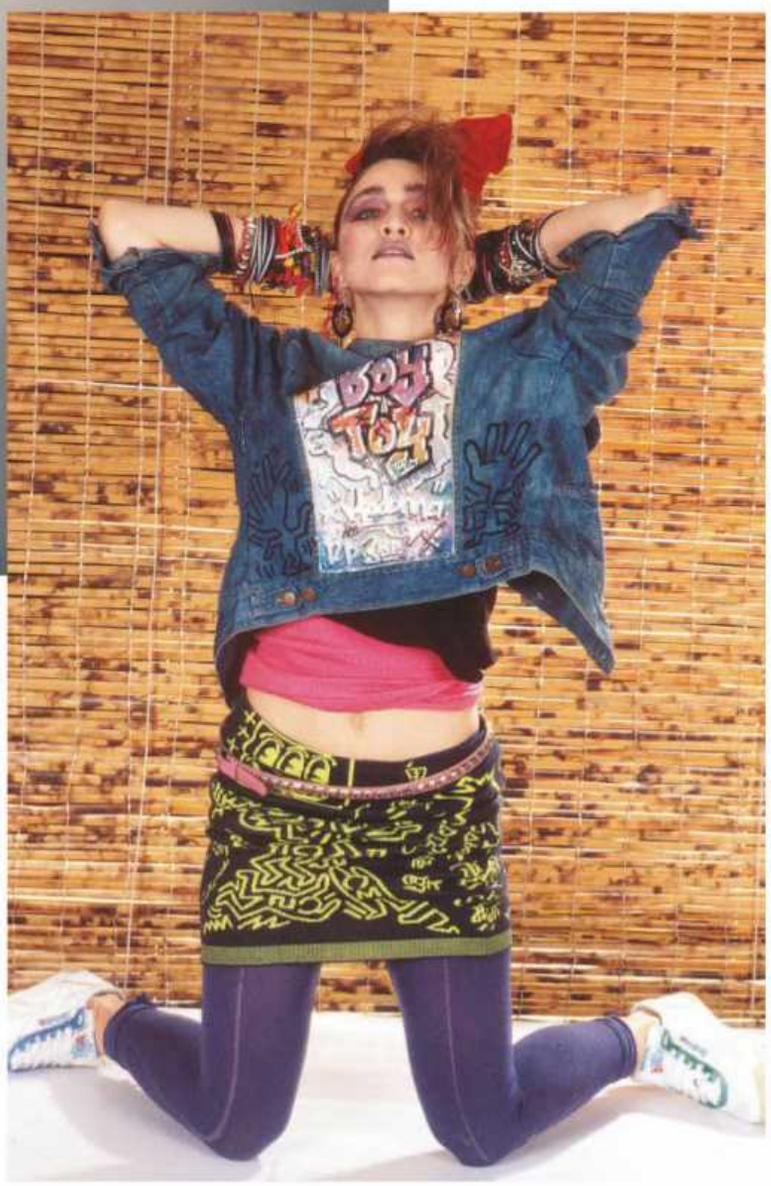
Photographer: *Tim Walker* Film-maker: *Tim Burton*

'A fun collaboration with two defiant, creative people drawn to similar scenes, coming together to make something fantastical. Both of them recognise that in order for the sunshine to be so bright, you have to have darkness, and here they've focused on the fear of childhood. They've turned an English field of roses into a sinister Halloween playground.' ▶



STELLA McCARTNEY X JEFF KOONS, 2006
Designer: *Stella McCartney* Visual artist: *Jeff Koons*
'When Stella first saw Koons' work, she said: "It was love at first sight!" She's collaborated with many artists before and approached him to work with her – he's drawn to childlike elements, and her work has a direct simplicity to it. As well as creating Koons-inspired garments for her SS06 collection, they designed this gorgeous platinum bunny necklace. Only 50 were ever made – I wish I had one.'

Art And Fashion: Collaborations And Connections Between Icons by EP Cutler and Julien Tomasello (£55, Chronicle Books)



MADONNA IN 'DEVIL SKIRT' WITH KEITH HARING TEXTILE, 1983
Designer: *Vivienne Westwood* Artist: *Keith Haring*
'Vivienne asked to meet street artist Keith Haring and when she did, he presented her with two sheets covered with his work and said she could use it how she liked. Some of the images she printed on fabric, others she wove into fabric, like this skirt. Later, Vivienne likened Haring's work to "esoteric sign language". With Madonna, all three were interested in subcultures and drew from what was happening among their friends.' ■

PHOTOGRAPHS BY RICHARD BURBRIDGE/ART + COMMERCE, JEFF KOONS, MICHAEL PUTLAND/GETTY IMAGES, KEITH HARING, THE KEITH HARING FOUNDATION; FIRSTVIEW

ISSEY MIYAKE

L'EAU D'ISSEY

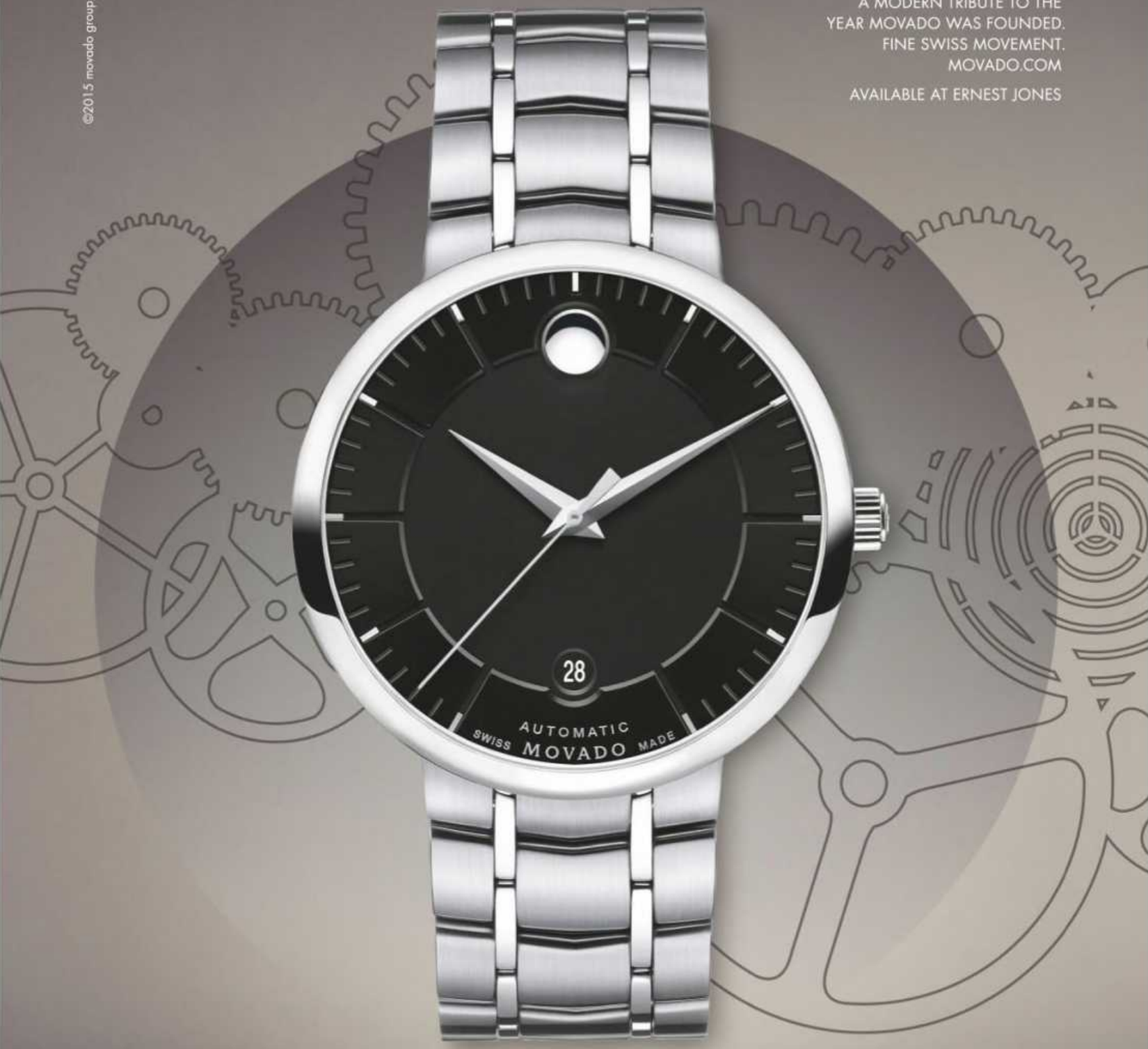


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BULLETIN

TRENDS
TALKING POINTS
NEWS BITES



The office bitch? That's, like, so *not* fetch

'THE DAY I REALISED THE OFFICE MEAN GIRL WAS *ME*'

Workplace bullying is on the rise, and experts say increasing stress levels are bringing out the worst in all of us. *Corinne Redfern* reports

Say the word 'bully' and a million different things will spring to mind. That boy in year six who put you in a headlock. That girl in year nine who laughed at you for having an awful fringe. The tutor at university who humiliated you for being late. Your sister, your ex-boyfriend, your mate. But we're willing to bet that you don't think of yourself, right now, in the workplace. After all, who grows up to become a bully? Certainly not *you*. But as new evidence suggests that the majority of adult bullies don't even realise what they're doing, could increasing numbers of us be guilty of it without our knowledge?

'I think I now know why I was one of the sacrificial lambs in a recent redundancy period ▶

at work,' admits journalist Cathy DeCenzo. 'Initially, I wasn't sure where I'd gone wrong. I was loyal, always on time, often worked late, and always offered to help in other departments. It made no sense. But then it hit me. Instead of the justification my manager provided – that they had to replace me with a part-time employee – it was because I was an office bully.

'It was common knowledge that if I hadn't had my morning coffee prior to hearing high-pitched glad tidings, I might just kill somebody,' adds DeCenzo. 'I was not only a Grammar Nazi, but I also became the Kitchen Bitch – throwing away anything that looked as though it was about to crawl, grow hair or smelled. If a colleague was upset about losing her three-day-old lunch, I would take it upon myself to remind her that I was saving her a visit to A&E. But I still didn't think of myself as a bully until afterwards.'

Instead of writing DeCenzo off as the kind of person to own a *Mean Girls*-style Burn Book at secondary school, psychologists believe that the reasons behind office bullying are subtly different to those in your teens – and explain why more than a third of us are likely to be guilty of it at some point in our lives.

'Adult bullies don't necessarily dislike their victims,' explains Susan Krauss Whitbourne, professor of psychology at University of Massachusetts Amherst. 'And they are not often even aware that they are being mean.' Instead, she says, workplace bullying is prompted by a combination of factors, most of which usually come down to stress.

FOUR WAYS TO TELL IF YOU'RE AN OFFICE BULLY

1. If you're being totally honest with yourself, you'll realise that people do not voluntarily initiate a conversation with you but instead try to minimise contact as much as possible.
2. Ask someone you trust to provide you with feedback about how you're handling others in the office, and be prepared to take that feedback to heart.
3. Take stock of how much time you spend talking vs. listening. Bullies *always* talk more than they listen.
4. Ask yourself if the people you hire or work with repeatedly request a transfer or quit.

'You tend to find that most "professional" bullies just want to feel like they're good at their jobs,' Krauss Whitbourne says. 'Offices where colleagues don't trust one another, feel competitive or overworked are particularly at risk.' With that in mind, the question stops being about how to handle colleagues you dislike without becoming a bully, but how to manage the feeling that you need to have power over others in order to succeed.

'Ask yourself where that need is coming from,' suggests Krauss Whitbourne. 'Often, you'll find it is from a sense of insecurity and an underlying feeling that you're not quite good enough yourself. By pushing others around, you may feel better temporarily but, in the long run, others will resent it. Take a step back next time this happens, and ask yourself, what about this situation is making you feel threatened? If you can identify that source, you can overcome the need to take control.'

In DeCenzo's case, this meant stepping off the career ladder and working for herself, which Krauss Whitbourne commends. 'Most women who fulfil the adult "mean-girl" role don't think of themselves as bullies and, in those cases, they'll only ever really stop when someone else, such as a manager, intervenes.'

However, the main thing to remember is that it's never up to the victim to confront the perpetrator, but they should tell someone more senior. 'That's one way in which this *is* like being a teenager,' says Krauss Whitbourne. 'You might not want to tell tales, but unless you want to be victimised for the rest of your working life, this time around, you actually have to.'

HOW TO... DITCH YOUR LANDLORD

With rental rates on the rise, hipsters and hippies are abandoning their tenancy agreements and breaking free from council tax

We've all heard about the 23-year-old student who's currently living on a train in Germany, but while making the Settle-to-Carlisle railway your home might not appeal in the long term, finding a flat-share isn't your only option for bedding down on a budget.

THE VAN NOMADS

Vans aren't just handy for storing furniture, they're quickly becoming one of the UK's most popular forms of alternative accommodation – there's even a subreddit dedicated to life on the road (*cough* car park.) And if you can't fork out for a vehicle of your own, you can rent one in Dalston, London, for £38 a night.
SURVIVAL TIP: Pick a spot near a swimming pool: free showers *and* verruca socks to keep your toes warm.



THE TENT DWELLERS

Live like it's Bestival all year long by pitching up in a stranger's garden in exchange for a small fee. Jodie from Devon recently spent 10 months in a bell tent with her husband: 'We've learnt a lot about tents, ourselves and life in general,' she explains. 'And so far we have saved more than £8,500.'
SURVIVAL TIP: Paint it white, and you can tell strangers you live in an igloo, which just *sounds* cooler.



THE CAR CRASHERS

Forget booking a hotel next time you visit New York. For just £39 a night, you can stay indefinitely in the back of a converted yellow taxi. 'We only used it to sleep in,' says former guest Alex from Manchester, adding that it's all about experiencing New York – not 'staying in your room'.
SURVIVAL TIP: Download Instagram before moving in. Otherwise there really is remarkably little point. ▶





EVERYTHING REDUCED BUT THE THRILL

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GLORIA STEINEM ON...

As her memoir hits shelves this month, writer, activist, international feminist icon (and our new best friend) *Gloria Steinem* shares her words of wisdom





Above: Steinem continues to fight. Right: campaigning against inflation in Central Park with former congresswoman Bella Abzug

...what feminism looks like today.

'Now we know that *we're* not crazy, but the system is crazy, it means we can use our energy to create change rather than feel guilty or wrong. From deaths caused by female infanticide to FGM, to sexualised violence in war zones, for the first time there are fewer women on earth than men.'

...Amy Schumer.

'I love Amy! I went to see *Trainwreck* and it breaks boundaries. It suddenly dawned on me that this was the first time I'd ever seen a film that was so hypersexualised, without feeling endangered. She wrote it, she's in control of it, and I understood that [as a woman] I wasn't going to be humiliated by it.'

...why humour can be a feminist's best friend.

'It's so relevant that feminists like Amy are using humour. Laughter is the only free emotion we have. You can compel fear, you can even compel love if someone is kept isolated, but you can't compel laughter. It's vital that women are free to laugh and create laughter.'

...women who feel there's no longer a fight left to fight.

'It means they have lower standards. Are they as safe on the street as a man? Is there anywhere in the world where women average the same pay at work as men? I doubt it. So the feeling that the movement is not needed is only more proof that it *is*. It means that we've absorbed the culture of female inferiority, and now think of it as inevitable.'

...how our views change with age.

'Most young women haven't experienced much discrimination. If you're a student, you're being treated with more equality than you ever will, because you're paying. But until you've lived more, had children or entered the workforce, you haven't experienced discrimination. Women tend to be conservative when they're young and more rebellious when they're older, as we lose power with age. Men, on the other hand, get more conservative as they age. For decades I've had this vision of leading an army of grey-haired women taking over the earth!'

Interview by Eleni Kyriacou

My Life On The Road *by Gloria Steinem (£14.99, Oneworld) is out now.*



SAY HELLO TO THE FIGHTING CHOLITAS

These Bolivian wrestlers, Yenny (left) and Leonor (right), think nothing of dressing up and getting dirty in the ring. Previously a derogatory term for indigenous Aymara women, 'Cholitas' have broken through the discrimination and regularly show their strength by wrestling, proving they're a powerful force to be reckoned with. We're not arguing.

Wonder Woman



RIA SHARMA

23, founder of Make Love Not Scars, New Delhi

My inspiration

'I was making a documentary at university about acid-attack victims, and I went to meet one of the women at a hospital in Bangalore. There were hardly any amenities – patients were literally being left there to die.'

My motivation

'It is suggested there are 1,000 attacks each year, but I presume the actual number is a lot higher. Most girls don't report the crimes because they're committed by a family member or husband. The care is not expensive, but they don't even have £5 a day to live on.'

My highlights

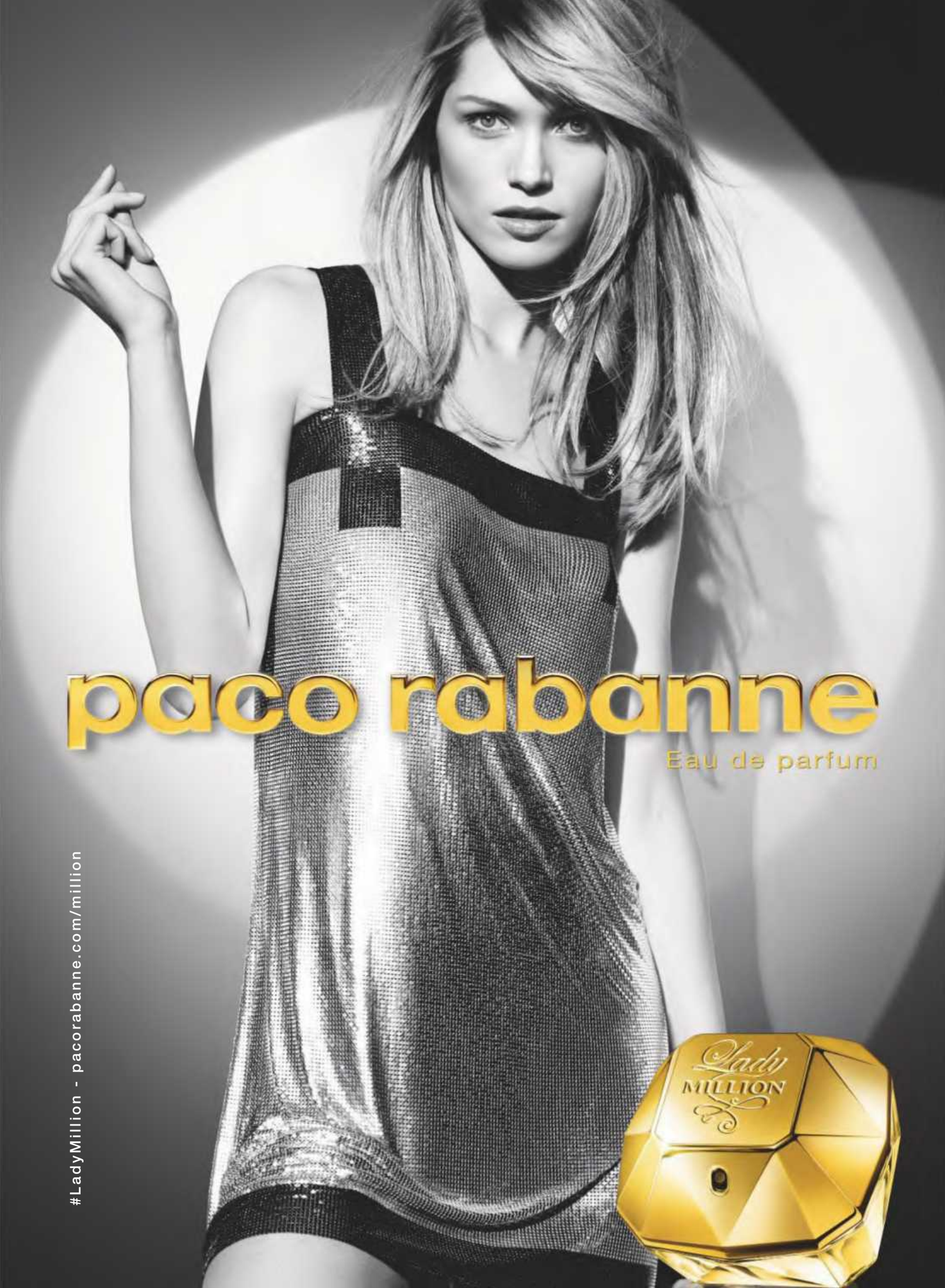
'Last year, we raised $50,000 [£32,800] to send one survivor to university, and our viral video featuring victim Reshma Qureshi was another brilliant step.'

My goal

'In India, there is a lot of social stigma around acid attacks – people don't understand disfigurement. We're fundraising to set up a treatment centre in New Delhi – I want these women to be completely rehabilitated so they can be independent again.' ■

makelovenotscars.org

WORDS BY CORINNE REDFERN, ELENI KYRIACOU, KIARA KEANE, SHANNA JONES. PHOTOGRAPHS BY ANNIE LEIBOVITZ, REX FEATURES, ISTOCK


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MEET YOUR NEW CAREER MENTOR

THE 'SUPER HEAD'

Gemma Clark, 32, is head teacher at Tymberwood Academy in Kent – in the two years since she started she has seen pupils' results improve by 50 per cent. She advises struggling schools across London and trains other academic professionals.



INTERVIEW BY KIARA KEANE. PHOTOGRAPHS BY ALAMY

YOU NEED TO BE RESILIENT. The days are long – sometimes they're great, sometimes they're tough.

I'M A BIT OF A GEEK. Every night I prepare my to-do list for the next day. As a teacher you have so many tasks, and if you're not organised you can easily get bogged down.

MANY PEOPLE LEARN BEST BY TRYING THINGS FOR THEMSELVES. I can say, 'You need to do it like this, or think like that,' but it can be hard for people to picture what you're saying.

IF YOU'RE BORED, SO ARE YOUR STUDENTS. Creativity makes life easier. If you're excited about teaching something, 99 per cent of the time the people you're teaching are, too.

YOU NEED TO BE PATIENT. Often, pupils won't understand what you're saying the first time round. You might need to find one way of teaching something to ten children and another way for the rest. But then you'll get them coming to show you their work and they're so excited – that's a lovely part of the day.

I SET MYSELF MINI CHALLENGES. And I try not to get frustrated if things aren't completed in time. You only have a certain amount of hours in a school day, so it's not always going to go perfectly.

THERE ARE LOTS OF ROUTES INTO TEACHING. Not everyone has the same opportunities, and I get to train people who have perhaps done a PGCE later on, or started out as a teaching assistant.

HOW I MAKE IT WORK

FIRST THING
I get up at 4.45am so I can exercise before work.



INSTA-LUNCH
Chicken thighs with quinoa and salad.



WORKOUT
I go to Strictly Boot Camp in Sidcup six days a week.



WORK WARDROBE
Zara for everything, mixed with a bit of H&M.



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SWITCH OFF
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GLOBAL EXCLUSIVE

‘You’d think you need suitcases to move across the world, but when it comes down to it, you only need yourselves’

What drives a woman to leave her home and country in the dead of night and become a refugee? *Corinne Redfern* travelled from Greece to Germany with pregnant Aysha Mierri and her two young children to find out why she left Syria – and what the future holds for her

Photographs by GEORGIOS MAKKAS



Aysha Mierri, who is five months pregnant, and her two young daughters, Sham, three, and Bisan, two, make it to the old border checkpoint in Nickelsdorf, Austria. They have been walking for 10 days





Getting off the boat in Skala, on the northern coast of Lesvos, Greece. Aysha says: 'As the dinghy came towards the shore, some of the men cartwheeled off into the water - that's how relieved they were to make it alive.'

'I DON'T LIKE TO THINK OF MYSELF AS A REFUGEE. I used to live in a lovely part of Aleppo, and I spent my twenties studying human research, travelling the country and working as a civil engineer for the government. I met my husband six years ago, when I was 34. He was a doctor, but I remember being introduced to him and not being that fussed. He, on the other hand, pretty much immediately asked to marry me. Eventually I gave in – I think I knew inside he was The One. From then on, we were inseparable. Our house was old and beautiful, with huge, high ceilings, white walls and tiled floors. We spent our days at work and our evenings with friends – eating out, listening to music… being *normal*.

At the start, I wasn't scared when things started to change. I didn't think it would affect me. But after months of rebel soldiers fighting against President Bashar al-Assad, bombs started falling. All the different groups started attacking each other, and then ISIS started trying to take over the country, too. I'm a Palestinian, but the war on Gaza was nothing compared to this. There was no running water, no electricity. Rules started being enforced in certain areas, forbidding us from keeping photos on our phones, from using American products, from going outside after dark. If you disobeyed, you disappeared. We stopped leaving the house at night and stopped seeing friends. I used to lie awake hearing the bombs fall, wondering if we'd make it through the night alive.

I carried on going to work, but there was nothing to do. Aside from the war, everything had come to a standstill. If you walked down the street, you didn't see anybody. Everybody was out of sight, hidden in the back rooms of their roofless houses, behind walls that had been blown apart. When I gave birth to my first daughter, Sham, my family couldn't cross the country to meet her for over a year. I was just a few months pregnant with my second child, Bisan, when they started bombing the street we lived on. With Sham in my arms, I grabbed a bag with my passport, and ran. We rented another house in another, supposedly safer, part of the city. Then the food started running out, and we found ourselves eating dry rice for every meal. But that was the least of my worries.

It was only in April this year, when I fell pregnant for the third time, that I accepted we had to go. I didn't plan to have another child – at the start, I wished for it to die inside me. Better that than grow up in a country full of fear. Sham and Bisan were two and three, but they never played outside. They couldn't go to nursery – they might not go to school. Still, my husband didn't want to come with us – as a doctor, he feels needed there. For five months, we argued every day. But in the end, he let us go. The last thing he told me was that I had to keep myself and our children safe, because we're his whole life. If I didn't, he said, then the pain wouldn't be worth it.

SAYING GOODBYE

You'd think you need suitcases to move across the world, but when it comes down to it, you only need yourselves. If you have enough savings, people will take you anywhere – even across borders. I laminated our birth certificates and my degree, and packed a bag with medicine, plasters and a change of clothes for my daughters. I'm Muslim, but I don't usually wear a headscarf, so I disguised myself in a niqab that covered my hair, my throat and my body to attract less attention, and I wrapped my passport in cling film and bound it to my stomach. And then, early one morning in September, I wept goodbye to my husband and walked out of the city. Together, we walked and walked. I carried Bisan, and Sham kept pace alongside me. If Sham got tired, I'd tell her the baby in



On day eight, Aysha and her girls endure a four-hour train journey from Gevgelija to Slanishte in Macedonia: 'The train was packed and there was no toilet. Eventually an Afghan man gave us his seat.'



'The ferry from Mytilini on the south coast of Lesvos to Kavala took nine hours, but I felt hopeful.'



'Medicine to help with the pregnancy, earphones for calling home, sunglasses to help with walking... this is everything we have,' says Aysha



In Kara Tepe, the refugee camp in Lesvos, Aysha spends all day queuing for registration papers in soaring temperatures

'When we reached the shore of Lesvos, I just pressed my daughters to me and sobbed'

my tummy was tired too, and that was why I couldn't carry her. At night, smugglers showed us to a room with about 20 other people. Then we walked some more. When we neared Turkey, we paid a driver to take us over the border – we spent four hours hidden in the back of his car as we passed through the checkpoints, before taking a 14-hour bus to Izmir, a city by the coast. At 2am, we found a hotel, and spent three days hiding there. We didn't leave for anything – not for food, not for fresh air. Nothing was worth the risk of being caught and sent back.

Eventually, another smuggler came to say he would take the three of us to Europe for £1,500. He put us in the back of a van with about 30 others, and nobody knew where we were going. Then they yelled at us to get out, and they made us walk for hours through a forest. It was early morning when we stopped at a clearing. Everywhere you looked, there was rubbish: empty bottles, cans, wrappers, and old bits of food piled up, inches deep. We were made to sit on it and wait. There was no shade, and nowhere else to go. More and more people kept arriving, and the heat of the sun beat down on our faces. I only had one bottle of water, and I was so scared of it running out, I just used it to wet Sham and Bisan's lips whenever they cried.

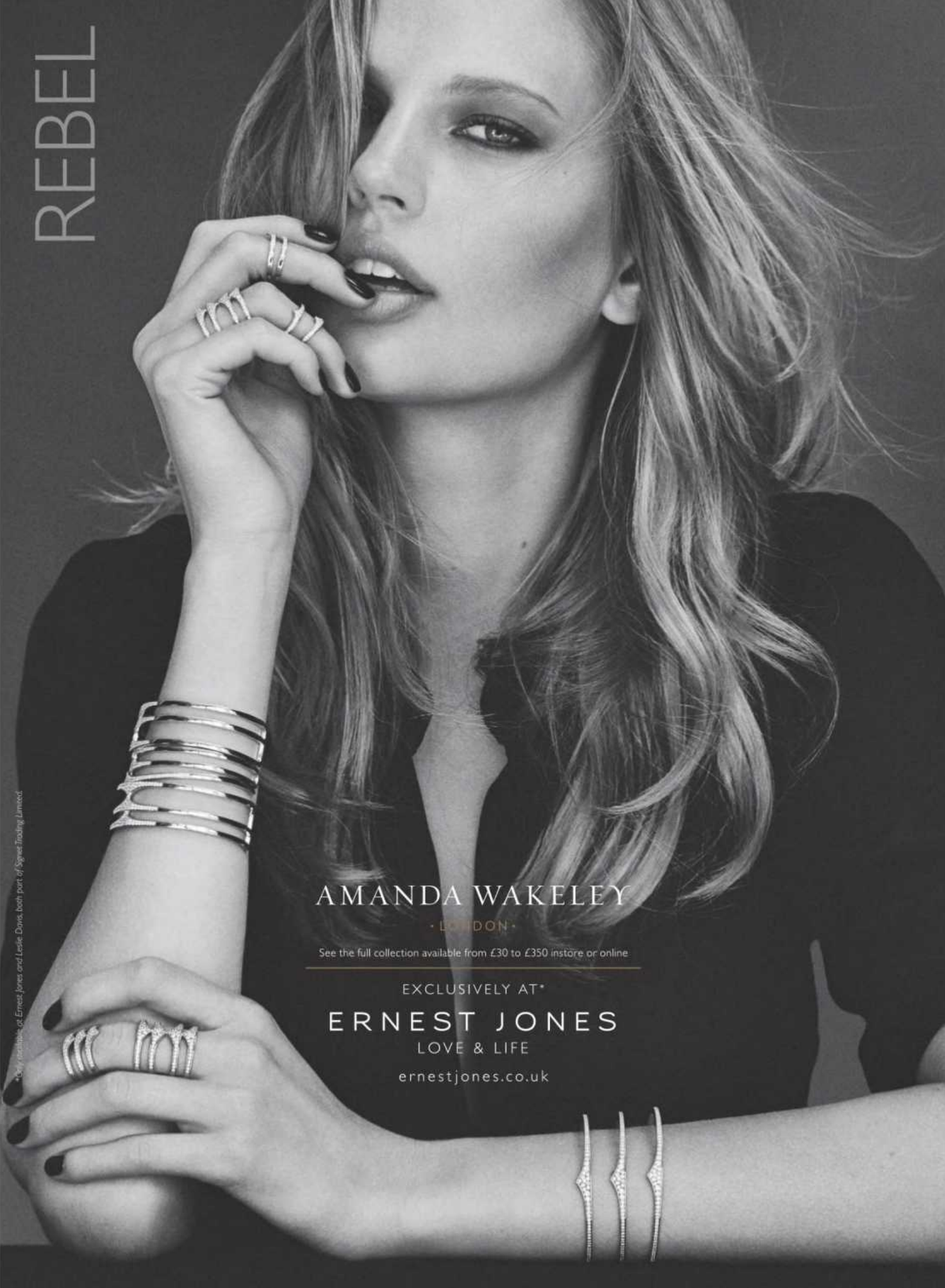
It was evening by the time the men returned and took us to our boat. The dinghy bobbed up and down, threatening to topple over and toss us all in, and I felt nauseous as I carried Sham and Bisan aboard. More than 50 of us were crammed in, everything was wet, and I couldn't move my arms or my legs. Even the lifejackets offered little reassurance. If you can't swim, you don't have a chance. When we reached the northern shore of Lesvos in Greece, I couldn't speak. I just pressed my daughters to me and sobbed.

CROSSING EUROPE

It was night by the time we reached Kara Tepe, the main camp in the south of the island. We weren't allowed to take taxis or stay in hotels – even though they were empty, and I had money. Using light from a phone, we stumbled through the darkness towards the tents. Sharp rocks jutted through the tarpaulin groundsheet, and flattened-out cardboard boxes made up our beds. In Arabic, somebody had written a prayer to Allah in felt tip. Our clothes were still wet from the sea, but there was nothing to change into. Sham and Bisan slept, but I lay there for hours, shivering and scared.

In the morning, the camp was busy. Two thousand people had arrived overnight, and the air was thick with ammonia and flies. I didn't know where to go, who to talk to or how things worked, so I sat in the tent, waiting for our things to dry. Loudspeakers told us to form a queue to register, and riot police stamped on the ground. I borrowed clothes for Sham from a neighbouring family and took her to the toilet, but a man pushed past her and she fell into the dirty, stench-filled mud. Tears filled my eyes and she squeezed my hand. "Don't cry," she told me, and of course I cried more.

After registering, I booked tickets to travel to Kavala. For nine hours, we sat on a ship, while Greek men stared at me and muttered under their breath. Bisan and Sham alternately squabbled and slept. The next 1,500 kilometres passed in a blur. Train after train after bus after bus. Thessaloniki to Idomeni to Gevgelija to ▶


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Walking from Horgoš in Serbia to the Hungarian border; below right: 'We got off the Hungarian train at Hegyeshalom at 3.30am, then walked for an hour to reach the main road. The girls were exhausted.'

AYSHA'S ROUTE

Aleppo ▸ Turkish border ▸ Izmir ▸ Turkish coast, opposite Lesvos ▸ Skala ▸ Mytilini ▸ Kavala ▸ Thessaloniki ▸ Idomeni ▸ Gevgelija ▸ Slanishte ▸ Preševo ▸ Belgrade ▸ Kanjiža ▸ Horgoš ▸ Röszke ▸ Hegyeshalom ▸ Nickelsdorf ▸ Vienna ▸ Salzburg ▸ Hallein ▸ Berchtesgaden ▸ Freilassing ▸ **Munich**



'I'm scared of being forgotten. Sometimes I feel so lonely it's hard not to cry all the time'

Slanishte to Preševo to Belgrade to Kanjiža to Horgoš to Röszke to Hegyeshalom to Nickelsdorf. One foot in front of the other, one step at a time. Yazan, a 19-year-old from Damascus, saw me struggling, and put Sham on his shoulders while I carried Bisan. In Serbia, the Mafia was everywhere, trying to make money from our struggle. They put on fake buses and would charge twice as much. In Hungary, we were lucky – the border hadn't closed, but we spent two hours locked on a stationary train. By the time we reached Vienna, I'd hardly slept for three days. My back ached, my bump hurt, and everything felt slick with sweat and dust. We queued for six hours to buy tickets to Munich. Bisan cried while Sham sat silently in a stranger's arms. That night, I found an apartment. I WhatsApped my husband from my room. I had a small rollerball bottle of his aftershave, which I held to my nose to get to sleep.

The next day, we took the train. I looked out the window at the green fields. But at Salzburg the train stopped, and policemen yelled at us to disembark. Unless you were from the EU, you couldn't cross. An Arabic taxi driver took pity on us, and told us how to travel to Germany on foot. We took a bus to a village near the border, and then we just walked over the mountains. I'd never cared about making it to Germany before – I just wanted to get somewhere safe. But when I walked past the sign saying "Bundesrepublik Deutschland", I almost let my guard down.

THE FUTURE

Of course, that wasn't it. The police took all of 55 minutes to turn up. They spotted us waiting by the side of the road, and could tell from our bags and our clothes and our skin that we'd crossed into the country illegally. We were put in the back of a riot van, and driven to a police station near Freilassing. For three hours, a translator questioned us, "How had we known how to get into ▶



SYRIA: A TIMELINE

2011 Protests start when 15 boys in Daraa are arrested – and tortured – after writing anti-government graffiti on a wall. Bashar al-Assad's government responds violently, killing hundreds, fuelling more protests across the country.

2012 The Arab League calls for Assad to step down. Protest group Free Syria Army seizes Aleppo. The UN Refugee Agency-run Zaatari refugee camp opens in Jordan. It soon houses over 80,000 refugees.

MARCH 2013 Rebels seize control of Raqqa, and Assad's warplanes bomb the city. More than a million Syrians are now refugees. Over four million are displaced within Syria.

AUGUST 2013 The death toll exceeds 100,000. Chemical weapons are used in an attack on Damascus, killing as many as 1,400. David Cameron calls for a military response, but is blocked in parliament.

JUNE – AUGUST 2014 ISIS takes over the entire Raqqa province – fighting against the Kurds, Assad's government and the rebel groups.

OCTOBER 2014 Assad's forces surround Aleppo, cutting off electricity and water.

OCTOBER 2015 ISIS destroys the Baalshamin temple, in the ancient city of Palmyra, which they seized back in May.

EYEWITNESS REPORT

Germany?", "Had we paid anybody to take us?", "Where did we want to go?" At 11pm they said we could go to the train station, if we paid £50 for a taxi. We were given different coloured wristbands – the kind you'd get if you were going to a festival or a party – and at midnight, our group was taken to Munich. An hour into the journey, Sham had a nightmare, and woke up screaming.

I don't know what I was expecting when I got to Munich – I was just heading to the safest place I could think of, where we could bide our time before returning to Syria when the war ends. Everyone I know wants to go back. I did think I'd be able to make friends in Germany, or start to learn the language. But on our first night, we had to sleep on a bench, and the next, we were taken to an old army barracks. Then my passport was confiscated, and so far, nobody has told me when I'll get it back. It's cold here, and we all have the flu, but there isn't any medicine. I'm scared of being forgotten about, and sometimes I feel so lonely it's hard not to cry all the time. I know we're safe, and I know we're lucky, and that means everything. But it's beginning to hit me that getting to Europe isn't the end of our problems. Getting to Europe was just the beginning.'

HOW YOU CAN HELP *If you'd like to donate to the International Rescue Committee, working in camps across Greece, Macedonia and Turkey, visit rescue.org. Medecins Sans Frontieres is providing medical aid and support to refugees across Europe. Visit msf.org.uk.*





From top left: Aysha, Sham and Bisan reach Vienna on day 10 and head straight to the train station. 'We were so tired, but had to queue for six hours to buy tickets to Munich'; 'Crossing over the mountain tops to reach Germany, I looked at the forests and they reminded me of Syria,' says Aysha



Corinne plays with Bisan in Aysha's tent at the Kara Tepe refugee camp in Lesvos, Greece

MARIE CLAIRE'S JOURNEY

Acting features director Corinne Redfern met Aysha and her daughters in Lesvos and stayed with them on their journey to Munich. She says:

'It's midnight in Germany, and I'm sitting in the dirt with Sham in my lap as she rolls a bottle of water back and forth against a tree, laughing uproariously. An hour earlier, I was making origami figures. Before that... well, I was in a police station, trying to convince a team of officers that I'm not trafficking Aysha and her daughters. I'm just following them. "'Following' is the same as 'helping'," one tells me. I feel sick with fear, but have to disagree – I've been utterly useless. After all, how do you help somebody who has nothing? Where do you start? When do you stop?

The brief had been simple. Fly to Greece. Work with the International Rescue Committee to meet women living in the camps. Ask them questions, take photos, come home. I wanted to raise awareness of the refugee crisis; to put faces to the facts. All in two and a half days.

But driving across the island with my photographer, we passed a boy having an epileptic fit by the side of the road. He'd been walking for two days, and as we tried to remember enough first aid to help him, I began to realise what the four million refugees are risking in order to reach safety. When we stumbled across Aysha, Sham and Bisan on the beach a few hours later, we took them to the nearest camp – it didn't seem right to drive away. And it didn't seem right the day after, either. Or the day after that.

It took us six days to reach Munich. While I felt adventurous, walking over the mountains, Aysha looked disbelieving. When the police confiscated our passports, only I got mine back.

As it stands, Aysha, Sham and Bisan are safe. She's due to give birth in January, and I plan to visit her before then. But there are four million more Ayshas. They're not terrorists, and they're not trying to take your jobs. They're just scared and alone. And they've got their own stories to tell.' ■



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How to be lonely (and own it)

It's official. Britain is the loneliness capital of Europe - and it's young women who are feeling it the most. *Anna Moore* reports on how the ache of isolation can hit at any time, however busy and social you are

HOLLY'S LIFE IS FULL-ON. WITH A CORDON BLEU diploma under her belt, she has embraced a career as a chef, starting out as a prep cook in a busy London restaurant, and she loves it. The pace is crazy and the shifts are long, and when she finally heads home, she has six housemates, all of whom she counts as friends. Her life is right on track. So why, at odd moments, does this 27-year-old feel a fleeting pain in the pit of her stomach?

'It almost takes me by surprise,' she says. 'It could be when I'm alone on my day off, but it's as likely to happen when we're all together, watching our *Mad Men* box set. It always fades eventually, but it's a horrible emptiness.'

It's hard to recognise loneliness in a world where we're constantly connected, but Britain is the loneliness capital of Europe, according to the Office for National Statistics. We are the least likely nation to have strong friendships, know our neighbours or have anyone to turn to in a crisis. Loneliness is not just uncomfortable, it's also a massive health threat – twice as damaging as obesity, and carrying the impact of 15 cigarettes a day.

We associate this condition with the housebound elderly yet, in fact, the younger you are, the more likely you are to feel lonely – 53 per cent of the 18-34 age group compared to 32 per cent of those over 55, according to the Mental Health Foundation. And ▶

though women may seem so much better at friendships and intimacy, we're actually more likely to feel lonely than men are.

According to psychotherapist John Barton, who treats loneliness and has written about it extensively, loneliness is 'a helplessness or hopelessness. It could make you feel bereft, drained of energy and unable to go anywhere or speak to anyone; or it could feel like a kind of anxiety, where you just can't be still, where you're forced to stay busy. One client told me it felt like a "big black cloud" that would engulf her if she slowed down for a minute.'

So, what differentiates this from depression? 'Well, if depression is a kind of numbing and a shutting down, loneliness is pain,' says Barton. 'It's a message from your psyche saying you need more contact and intimacy. It's a warning, a call to change things, and it's designed to hurt. It's common for the pain of loneliness to lead to depression, or vice versa. But it's also possible to be lonely but not depressed, or depressed but not lonely.'

There are several reasons why women may be especially vulnerable. If you've recently given birth, there's a chance you're less able to pick up the threads of your old life. Any new baby groups you join may just make you feel more disconnected and emotionally lonely. And if you're in a full-on job, you're not immune. 'Perhaps you're running around all day, partying every night, but not making time for the sort of social contact you need,' says Dr Rebecca Harris, psychologist and lecturer at the University of Bolton. 'Technology is fine – it can be a great way to stay connected and enhance your relationships – but it's not a substitute.'

Yet that's not to say loneliness is always bad, says Dr Harris. 'It's incredibly valuable. It's there for a reason, like a thirst, which tells you that you need a drink. Loneliness is a sign you're not getting what you need. It's only when it's prolonged – when you don't act on it – that it becomes toxic,' she adds.

The first step if you feel lonely is to stop, listen and own your loneliness by getting to know it. 'What's it telling you? When do you feel it most? What sort of social contact are you getting – and what are you missing?' says Barton.

Katie, 30, found that loneliness struck at work, even though her sales job was in an open-plan office. 'At home, with my husband, with friends, I was pretty happy, but sitting at my desk eating lunch – or even just walking into the office – I felt isolated,' she says. 'My colleagues weren't horrible, but I hadn't found my tribe. I wasn't a salesperson at heart and there was no real connection. It gave me the push I needed.' She's now training to be a teacher.

Sometimes, the cure for loneliness can be a little solitude. Life coach Fiona Buckland runs a class at the School of Life called How to Spend Time Alone. 'When you're in constant company, filling your diary, watching the lives of 800 Facebook friends, it's easy to stop engaging with yourself,' she says. 'Your own opinions get diluted; your life doesn't necessarily reflect who you are. When that happens, you start to feel out of place – and alone.' Buckland recommends taking pen to paper for a 'vision quest'. She says, 'Ask yourself what you love. What did you used to love doing as a child? What were your hopes and dreams? What are the things that come easily? When does time fly? Are there important people, hobbies and passions that have got lost along the way?'

The solution doesn't necessarily involve meeting other people – it's more about filling that void. Reluctantly signing up to a random exercise class or joining a book group just because someone else has recommended it could be a waste of time. But is there something else that really excites you? Wild swimming? Jewellery-making? Political activism? Is there something that connects you to the person you were or wanted to be?

It's also important to look at your own thought patterns and ask yourself some very tough questions. Could you be contributing to your loneliness? Research shows that lonely people often become stuck in a vicious cycle, becoming hyper vigilant to signs of rejection or hostility.

'You start out feeling lonely and unconnected, so you unconsciously look for evidence that confirms that,' says Barton. 'For instance, your colleague doesn't greet you in a friendly manner, so you think, "She doesn't like me," instead of, "She's distracted." You walk into a party and think, "I don't fit in," instead of, "There are probably several people here feeling awkward, too."' This sort of constant negativity sabotages any efforts on your part to socialise, which only goes to compound your feeling of being alone.

Studies show that noticing and challenging your thoughts is four times more effective at reducing loneliness than doing anything else. And if you can't do it alone, cognitive behavioural therapy is the best next step. Another factor to keep in mind is that there's no 'one-size-fits-all' solution to loneliness. No magic number of friends or parties that will stave it off. We need to think smarter, says Dr Harris, who's identified four social personalities (see column, left). 'Some of us need occasional contact with a few close friends; others need lots of contact, but on a more superficial level.. That's not a negative thing if that's what you need.' ■

How much interaction do you need?

Dr Rebecca Harris worked with The Big Lunch, an initiative to bring people together, and identified four groups. Most of us fall into the first two.

The long-term investor

High intimacy/High interaction

You have friends you've known for years, and they know everything about you.

Loneliness risk?

When life gets too busy to schedule in the people who matter, it's easy to let colleagues and neighbours fill the gap. Make time for those who know you best.

The casual confidant

High intimacy/Low interaction

You don't open up to everyone but there are a few who know you very well. You don't feel the need to see them often.

Loneliness risk?

You let months slide without properly catching up. Keep the bonds strong. If you don't do phone calls, use WhatsApp.

The social butterfly

Low intimacy/High interaction

You're a networker with lots of friends. You don't often divulge personal stuff – it's contact you thrive on, not intimacy.

Loneliness risk?

Even if you're settled down, it's unlikely one person will fulfil your needs. Get to know neighbours and throw parties.

The self-assured soloist

Low intimacy/Low interaction

You're happiest on your own. Short social interactions are enough for you.

Loneliness risk?

Your low needs may stop you connecting at all. Make time for neighbourly chats and foster relationships with colleagues.

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Does size matter?

Statistics show that the average British male's penis grows from 3.6in (flaccid) to 5.2in (erect). But what about the guys who lie at the other ends of the spectrum? Two men bare all...



'Men are impressed by my size, but women don't feel the same'

Michael Maloney*, 33, is a 'shower' *and* a 'grower', measuring in at 4.5in while flaccid, and increasing to more than 9in when erect.

'When I was younger, I never gave much thought to the size of my penis. Sure, you hear stories of how men see each other's tackle in the shower but, as I wasn't the sporty type, I never really had that chance. I went to the gym a couple of times and tried to sneak a subtle peek, but without catching a glimpse of my bench-pressing buds' members while erect, it was impossible to tell. I watched porn, too, but I wasn't particularly impressed. My knob *seemed* bigger, but who was I to know?

'It was only when I lost my virginity that I found out. As with most people, the first time was a bit of a disaster. I was 16, and I was so scared that it took me ages to get an erection. But while it wasn't there for long, it also kind of was. My non-virgin girlfriend looked horrified. "Oh my god, that's massive," she exclaimed. And that's the moment when I knew.

'Over the next few weeks, she – literally – got to grips with it, and together we tried to figure out how to make sex work. It wasn't easy. While sometimes it made her scream in ecstasy, on other occasions she was screaming in agony. After a while, we found a position she was comfortable with – missionary; with her legs positioned so she could control how deep I went. And we did it like that every single time. If I tried to do it from behind, she'd get really panicky and flip around before I'd even got going. We broke up eight months later, and I still believe my penis was a factor.

'I turned to the internet for support. Size-wise, I discovered I was in the top five per cent, but while male friends were impressed by my phallic stature, women didn't seem to feel the ▶

same. Not that I let that get in the way – the old saying "it's not the size, it's what you do with it that matters" may ring true for me now but, when I was younger, I was so pleased with what nature had given me, I expected my partners to be happy with it, too.

'Thankfully, that phase didn't last for long. When one-night-stands started crying in pain, I realised I had a lot to learn. Sex isn't meant to be unpleasant, and I didn't want to hurt anybody. But even when I was trying to be gentle it seemed unavoidable, and I found that hard to accept.

'Since then, the longest relationship I've had has been with the mother of my son. When we first got together, she was delighted with every part of me. But she got pregnant after we'd been dating for a few months, and our sex-life dried up. I became frustrated, but when I tried to talk to her about it, she'd use my size as a retort: "You think you're so great, with your massive cock," she'd tell me, or, "It might be big, but you haven't got a clue how to use it!" We separated shortly after our son was born.

Having said that, my size does have its upsides. The whole "package" looks pretty good in jeans and, on holiday, I do like to strut my stuff in my swimmers. Of course, I've attracted my fair share of attention from female admirers, as well as a couple of coarse comments, but I can't complain – it's still nothing compared to what women with big breasts have to put up with.

'Generally speaking, I've discovered that although some women prefer bigger, most would choose thicker over longer (girth-wise, I'm a healthy 5.5in), and many are perfectly happy with average. But short of having an operation (and I'm not planning on that), there's nothing I can do. After all, as far as problems go, this isn't a big one. Except that it is – if you get my drift. Oh, and not all the rumours are true – I'm only a shoe size eight.'

'I'm smaller than average, but I'm better at sex'

Stewart Green*, 39, has a penis length of 1.5in while flaccid, and a below par 3.5in when fully erect.

'Let's cut to the chase: God shafted me in the penis-size stakes. But here's the funny thing – despite giving me an unusually small member, he's compensated by providing me with the personality and looks to make up for it. If I sound cocky (pun intended), I make no apology. Frankly, I'm not going to worry about things I can't control and, given the way life has turned out, I wouldn't change a thing.

'You see, ever since I was young, I've never been short of female company. While the rest of my mates spent their teenage years fumbling around like amateurs, I've been the one they're all jealous of. People tell me I'm the tall, dark, handsome type with the gift of the gab. I matured earlier than my peers – in my case, I hit puberty when I was 11, and I lost my virginity shortly after my 13th birthday.

'Even then, I knew my penis was definitely smaller than average. In the interests of journalism (honest), I've measured the old chap and found out that he's less than 2in when resting (OK, more like 1.5in) and I'm still under 4in when erect. The girth is fairly normal, I think, but definitely nothing to write home about. I've asked a couple of girls I was in long-term relationships with, and – when pushed – they all said mine was "probably" the smallest they'd been with.

'But here's the thing: they didn't care. I don't want to sound boastful, but I *know* I'm good at sex. If it was just a competition based on length and girth, I'd be a waste of space, but experience has taught me that sex is about so much more than that. At school I used to cop some grief about having a small cock, but it was all half-hearted because everyone knew that while they were wanking themselves silly, I was getting the real thing.

'It's impossible to talk about it without sounding like an idiot, which is why I never do. But every now and then the subject will come up and, on occasion, I'll put people straight.

'The fact is, if I hadn't been circumcised when I was nine years old (for religious reasons which are now irrelevant to me), my penis would look bigger. But so what? You get what you're given, and I've learned to make the most of it.

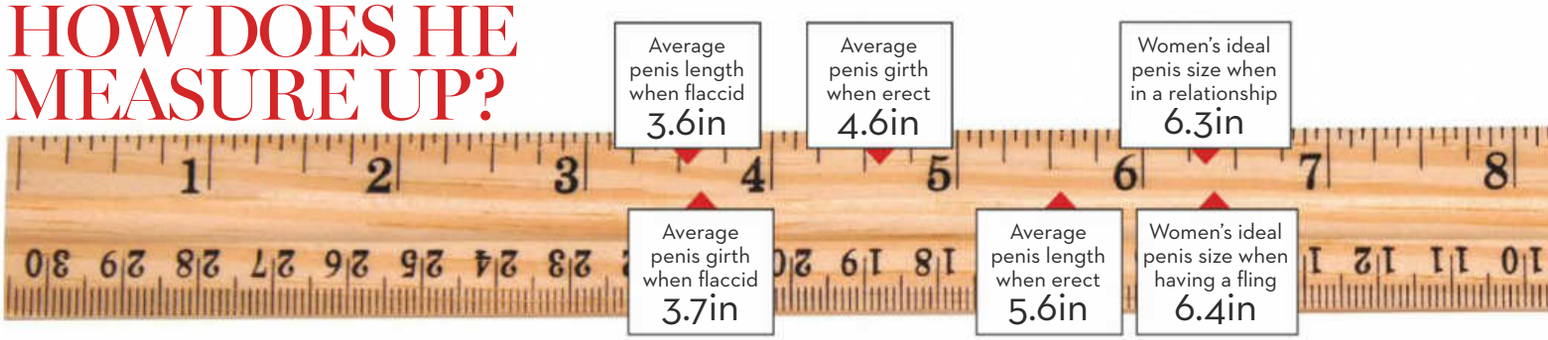
'Some positions aren't great – doggy-style, for instance – and by and large I'll try to stick to variations on missionary. But I'm a master of oral, and *that,* for my money, is the real deal-breaker. Some girls like to use a vibrator as well, to stimulate the parts I can't reach, and I'm always up for experimentation. With the right planning (yes, I have to buy a smaller size of condom, which I order online), the size of my penis doesn't affect me in any way. I'm not bothered by how big other guys are. Why should I be? I'm not going to bed with them.

'I've never once been belittled by a partner about it – at least not to my face. I like to think I have better taste in women than that. If you're the kind of person who watches porn and thinks that's even close to real life, then you should probably seek help. I'm sure 99 per cent of men would feel inadequate alongside some of those steroid freaks pumped full of Viagra.

'I'm in a serious relationship now and thinking about marriage, but over the years I've slept with around 50 women. If I've learned anything along the way, it's that the real thrill is in the chase – and if you've got a sense of humour and confidence, the sex takes care of itself.' ■

COMPILED BY RICHARD PRICE AND JACQUI DEEVOY. PHOTOGRAPHS BY ALAMY. STILL LIFES BY PIXELEYES. *NAMES HAVE BEEN CHANGED

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10 TIDY KITCHENS
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ACCEPTABLE *IN THE 80S*


BALMAIN

From Balmain's glamazons to JW Anderson's hard-edged androgyny, fashion's having a major 80s moment. But wasn't it all one big bad-hair day? *Caryn Franklin*, fashion editor of *i-D* at the time, tells Jess Wood what was so sartorially great about the decade of excess


CHRISTOPHER KANE

FASHION'S GOT A NEW MANTRA: more is more. You can see it in the sequinned, feather-strewn disco dresses at Rodarte, the oversized jackets at Loewe, the bold zig-zag prints at Christopher Kane and the super-glam texture-clash minidresses at Saint Laurent.

Forget good taste, forget minimalism; these are clothes that make getting dressed up look like serious fun. Over at JW Anderson's Loewe, there was a strong undercurrent of power – fierce shoulders, oversized trousers, slicked-back hair and asymmetric earrings galore – and all these looks have their roots firmly in the 80s. But try to blank out visions of Bananarama and frizzy perms – *Neighbours*' fashion fails aside, the decade was actually an explosion of creativity.

'It was such an optimistic time,' says fashion commentator Caryn Franklin, fashion editor of style bible *i-D* magazine during the decade. 'There were dreams of a better post-feminist world, and women felt like individuals. The trend treadmill didn't exist, and there were no rules. Whether or not men thought we looked 'sexy' or 'beautiful' was not the reason for dressing up. Having fun being a woman was!'

Maybe it's resonating right now because we've had enough of being in a good-taste stranglehold, obsessing over having the 'right' bag or the shoe that's all over Instagram before it's even in shops. Whatever the reason, here's what *really* made the 80s a major fashion moment… ▶


LOEWE


JW ANDERSON


RODARTE


JW ANDERSON


SAINT LAURENT

BURT'S BEES



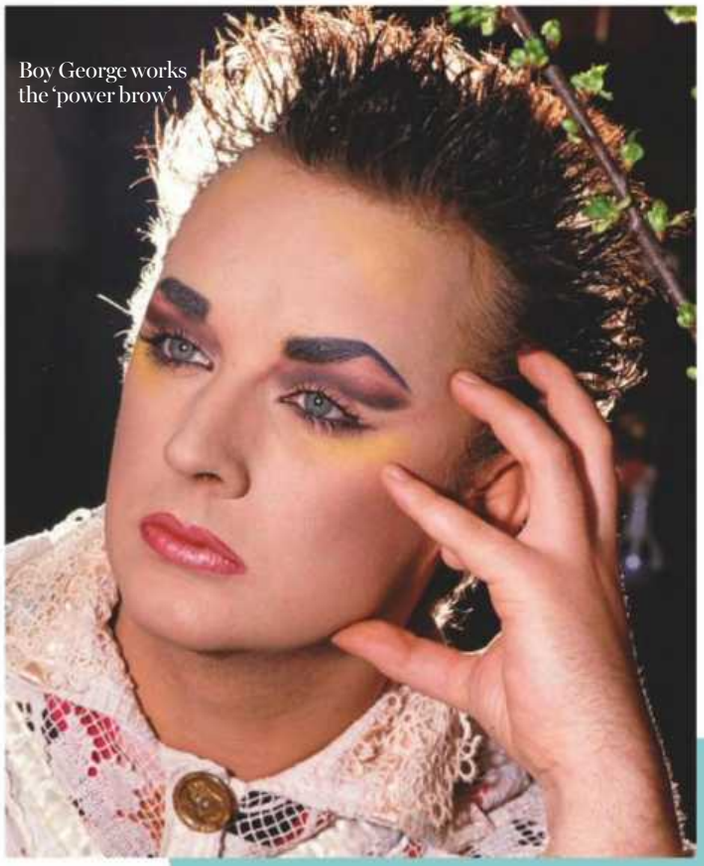
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Boy George works the 'power brow'

BOYS WORE MORE MAKE-UP THAN GIRLS

We all know about Boy George and his penchant for blusher, but a lesser-known fact is that *lots* of boys looked like this. Spandau Ballet, Pete Burns… the music scene was awash with men who were just as excited as women about dressing up and expressing themselves, especially in the form of theatrical face paint. Three different shades of eyeshadow, beautifully applied lips, guy-liner, lashings of hairspray were the norm for a boys' night out.



Fierce shoulders at Claude Montana in 1988

GENDER? WHATEVER

'Androgyny played a big part in fashion,' says Franklin. 'Women were emerging from education with a feminist attitude, demanding visibility at work for the first time. So we wanted our own uniform. There were big, square shoulders, and lots of us had short mannish haircuts.' Necklines were high and cleavage was naff. Designers like Thierry Mugler and Claude Montana mixed a hard, masculine vibe with futuristic shapes.



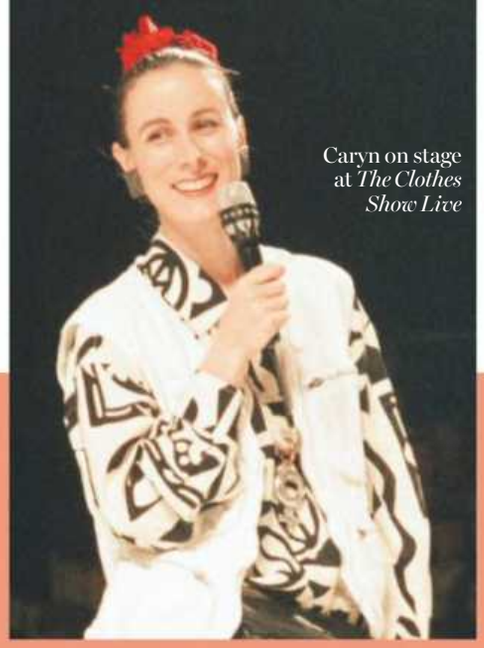
Clubbers at the Blitz nightclub in 1980

GOING CLUBBING WAS LIKE BEING IN A FASHION SHOW

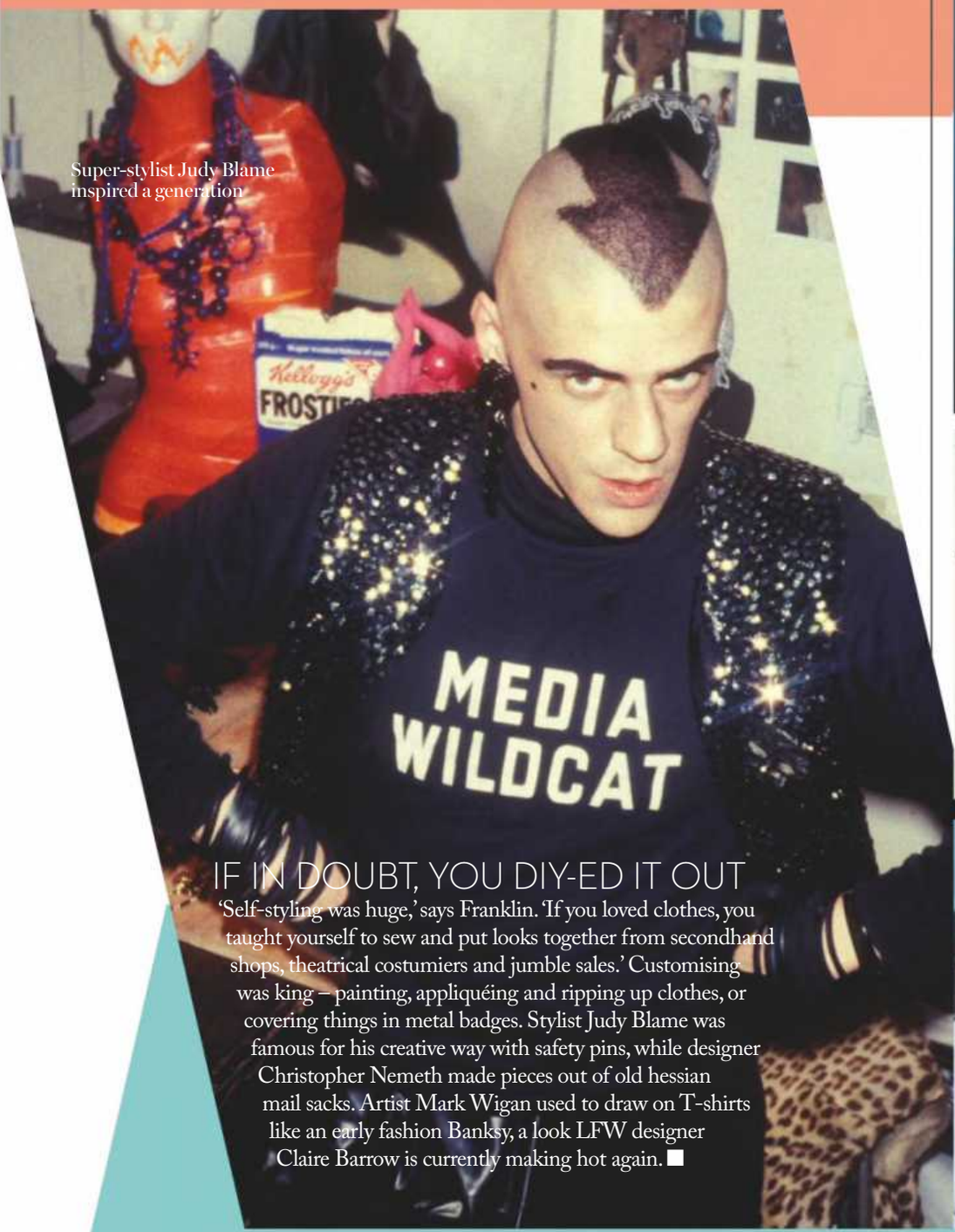
Soho was overflowing with boundary-pushing nightspots like Studio 21, Hell, The Wag, Delirium and Le Beat Route, packed with club kids who spent their days running up 'wow' outfits to get them through the door. Entry was strictly judged on your fabulosity factor. Top of the tree was the Blitz club, and the gatekeeper was host Steve Strange. 'Getting past Steve was like winning a prize,' says Franklin, who ran the door herself at a club night called Do-Do's. 'As much of it was about getting ready as it was the night itself. Anyone whose look wasn't good enough was told, "Sorry, it's a private party tonight."' ▶

THERE WAS NO SUCH THING AS FAST FASHION

There were no catwalk knock-offs hitting the high street within weeks, and before *The Clothes Show* (which Franklin presented), there was no mainstream window into the fashion world. Clothes weren't produced cheaply in the Far East; they were made in the UK or Europe, with workers paid a fair wage, so their cost was higher. Ethical fashion wasn't a hot topic because, essentially, it all was. If you couldn't afford the real thing, you got creative – which brings us to…



Caryn on stage at *The Clothes Show Live*



Super-stylist Judy Blame inspired a generation

IF IN DOUBT, YOU DIY-ED IT OUT

'Self-styling was huge,' says Franklin. 'If you loved clothes, you taught yourself to sew and put looks together from secondhand shops, theatrical costumiers and jumble sales.' Customising was king – painting, appliquéing and ripping up clothes, or covering things in metal badges. Stylist Judy Blame was famous for his creative way with safety pins, while designer Christopher Nemeth made pieces out of old hessian mail sacks. Artist Mark Wigan used to draw on T-shirts like an early fashion Banksy, a look LFW designer Claire Barrow is currently making hot again. ■

MUSIC ICONS WERE STYLE STARS

Before there was Instagram and street-stylers for outfit inspiration, there were singers to copy. But forget notions of pop princesses (sorry, Cyndi Lauper) – if you were cool, your roll call of fash- spiration would have looked something like this: The Human League, Nina Hagen, Siouxsie Sioux.



Punk legend Siouxsie Sioux



German singer Nina Hagen



Floppy fringe-lovers The Human League

COMPILED BY JESS WOOD. PHOTOGRAPHS BY IMAXTREE, JASON LLOYD-EVANS, REX FEATURES, CORBIS, GETTY, MIRRORPIX



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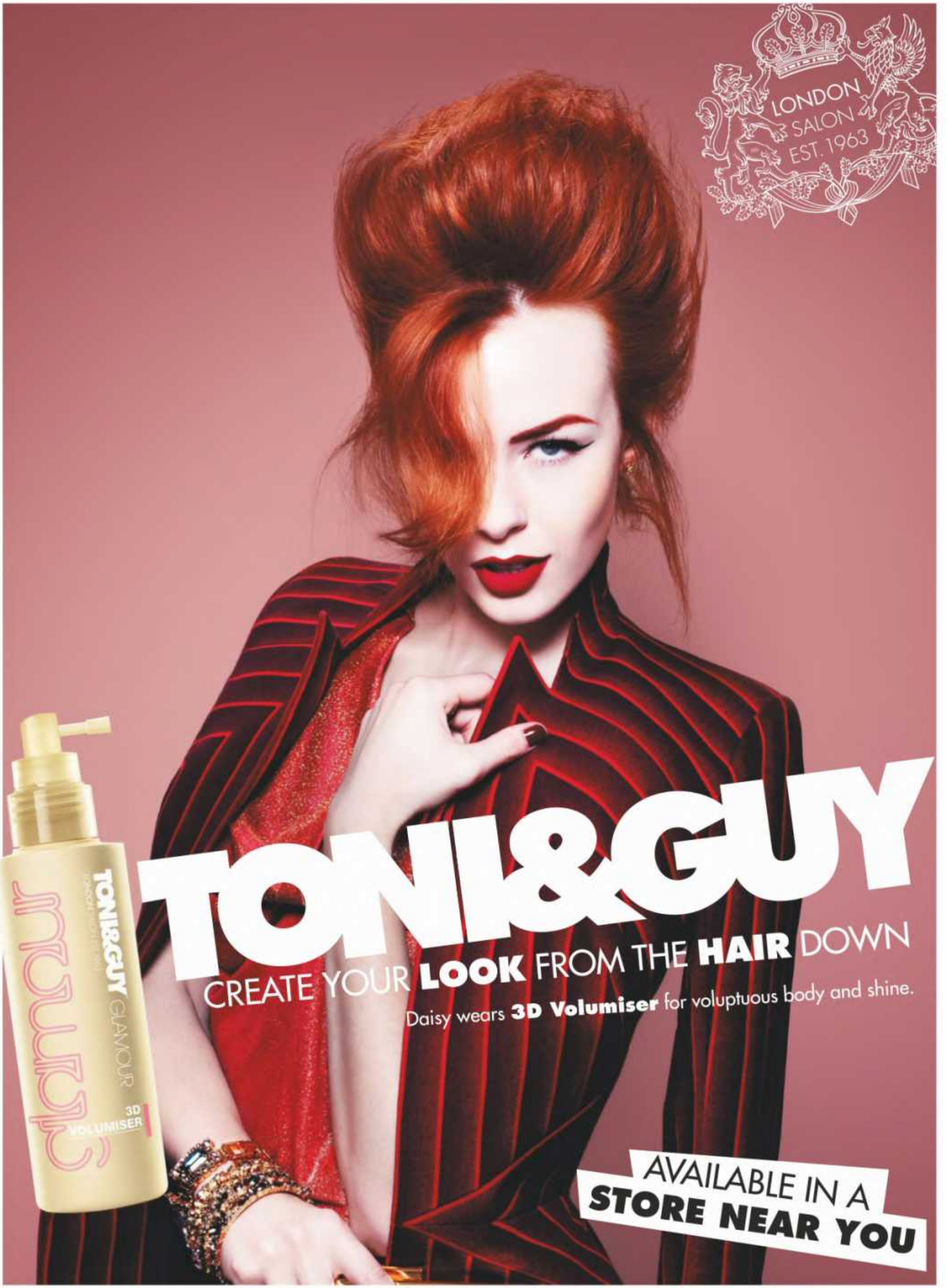






'Layla' robe, **£60**, and babydoll set, **£45**, both Figleaves nightwear

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Dan the man

A film veteran at just 26, **DANIEL RADCLIFFE** talks writing and directing, protecting his relationship and why he's *finally* happy to take a holiday

Words by **OLIVIA FOSTER**

ASK ANYONE ABOUT MEETING DANIEL RADCLIFFE AND THEY WILL ALL SAY the same thing: 'He's such a nice man,' with added emphasis on the 'such'. And as he comes bounding into a hotel room at The Soho Hotel in London, clutching a Robinson's Fruit Shoot (Apple & Blackcurrant, FYI) and joking about the lack of 'squash' in America (Radcliffe lives in New York a lot of the time), it's easy to see why. The child star turned proper grown-up actor is easy-going, funny and charming, and he knows how to hold a stare just long enough to get his point across. In fact, spend five minutes with him and you'll quickly forget that he cut his teeth on one of the biggest movie franchises of all time and has a net worth of more than £70 million.

For all intents and purposes, he is a 'normal' guy. His friends, he says, are 'normal', his life outside work is 'normal' – he likes to spend his time reading and hanging out with said mates in London playing Cards Against Humanity. On this particular trip, he's been ▶



If looks could kill: Daniel Radcliffe on the set of his latest film *Victor Frankenstein*

desperate to catch up with his godchildren: 'I've got quite a few godkids so I try to make a point of seeing them, otherwise I feel like a terrible godparent.' Even visits to regular celeb hangouts like Nobu are restricted. 'You can have too much of a good thing. If you had Nobu every day, where would you go for a treat?' Such a nice guy, you're thinking, and so down-to-earth.

For our interview, 26-year-old Dan – as he prefers to be called – is dressed casually in jeans and a blue shirt. He's here to promote his new film, *Victor Frankenstein*, in which he plays assistant 'Igor' to James McAvoy's Dr Frankenstein, a role that he was more than up for. 'It was like this crazy big adventure movie,' he says. 'But it's also very character-driven. It's about the relationship between these two men and how they spur each other on.' He hasn't decided if he will be watching it at the premieres, though. 'I stopped watching myself quite recently because it's never great. Sometimes I'll be happy, but I'll never be like, "Oh yeah, that was awesome." I always focus on the stuff that I would rather have done differently and it's a bit pointless after a while.'

Indeed, for someone who has had a string of hit movies including *The Woman In Black*, *Horns* and *What If,* plus a turn on Broadway in *The Cripple Of Inishmaan* and a starring role in the brilliant *Equus* (lest we forget, he went full-frontal), Radcliffe is incredibly modest. When we point out that he's managed to defy all the critics who suggested his career would crash and burn post *Harry Potter,* he seems genuinely flattered. In fact, he reveals that it's those very critics who have spurred him on. 'Sometimes I think it's useful for me to believe that's what people are thinking. It's always been a driving factor, that people assumed we were going to disappear or become fuck-ups. That's always been a motivation, to prove those people wrong.'

It's not just the work that's going well, though. On the personal front, he seems very settled with his girlfriend of three years, American actress Erin Darke, who he met on the set of *Kill Your Darlings* in 2012. During our chat, he mentions her often, seamlessly working her into anecdotes. What's clear is that he's very happy. It's a stark change from when the pair first got together, when reporters noted that Dan would clam up at the very mention of her. In fact, he once told American chat-show host Andy Cohen: 'My type is the type I keep private.' Now, he admits that in the early days he was keen to shield their relationship and to protect Darke. 'I was [protective] for a while, for almost two years. Because you want a period of grace before people start getting involved in her life and going on her Facebook or whatever. You want a period where it's just yours before other people are talking about your relationship. But then there came a point when we got photographed together a bit and we were like: "Well, people know now," then we were expending so much more energy trying to keep it private.'

Does he find it weird that people are *so* interested that their relationship has become paparazzi fodder? A little bit. 'We're always doing hilariously mundane shit. They never get me doing anything interesting, so the headline has to be like: "They bought a yoga mat!" Interestingly, he adds that Darke handles the situation better than him. 'She deals with it fucking brilliantly, and I'm so relieved. It upsets me much more than it upsets her.'

The actor admits that he tries his hardest not to read about himself online, and that it can be a cause of insecurity. 'Sometimes I go through an unhealthy phase where I do read quite a lot [about myself]. Then I go through phases, like where I am at the moment, where I'm good and I don't and it generally makes me happier. I always wonder why I go back. What it normally starts off with is, I do an interview and I'm a bit worried about it. So I look it up and then I think: "Oh, what's that person written?" and I click on it and it's something awful and I'm like: "Oh man, why did I do this to myself? It's stupid and I shouldn't."'

So, what about when he's not working – or googling himself? Well, it seems that the man who once proclaimed that he didn't understand the point of holidays has had a change of heart. 'I took a holiday and I was like: "Shit, why haven't I been doing more of this? It's great." I went on my first beach holiday to Antigua. We'd go in the ocean for a bit and then read and watch movies, and eat great food and not have to do anything. I really had a moment of: "This is the best, why have I been resisting this?"'

Earlier this year, he even took a month off in June to support Darke while she rehearsed for *The Spoils*. 'I was a theatre boyfriend for a month. I just went in, hung out for a bit, watched a bit of the show... It was lovely. I used to not enjoy time off. It made me feel very uncomfortable and I used to not be good at dealing with it. Now I have learned the value of just taking some time.'

So what's next for the man whose career shows no signs of stopping? As well as having three films out next year, including *Imperium* and *Young Americans*, Radcliffe says he's turning his hand to writing. 'I've written one thing that I'm working on and I'm going to try and maybe start directing that in the next few years.' He describes his writing style as 'quite dark, but funny' and he adds that Brit director Martin McDonagh offered him this advice: 'Just write something spectacular and then work out how it can happen.' We can't wait to see what he comes up with. ■

Victor Frankenstein *is in cinemas from 3 December.*

PHOTOGRAPHS BY MATTHEW LYN/CORBIS OUTLINE



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US model *Tess Holliday* is an Instagram sensation, beauty icon and leader of the global size-inclusive movement. She tells *Anita Bhagwandas* about her turbulent road to success – and how her most vocal trolls and haters are from the UK

Photographs by DIANA GOMEZ

MAKING IT BIG





Dress, William Wilde; shoes, Terry de Havilland; earrings and ring, both Butler & Wilson



figleaves.com



Dress, William Wilde; earring, Butler & Wilson

'PEOPLE WHO CRITICISE MY BODY WOULD STILL HAVE SEX WITH ME'

TESS HOLLIDAY IS HERE. AT LEAST, SHE'S MEANT TO be. Not that you can actually tell. Because the sea of bodies in front of her, waiting for a 'meet and greet' at the inaugural Curve Fashion Festival in Manchester – the first of its kind celebrating fashion over a size 16 in the UK – seems endless. 'Events like this help women realise that they're not alone,' says Holliday, when I finally get to meet her. 'I think that's the most important part of all of this.'

Holliday – for those who've been living under a rock – is the largest model ever, at a UK size 26, to be signed by a major model agency, Milk Management in New York. But she's more than a model – she's outspoken, calls out the industry for a lack of diversity, and is aiming to change the rhetoric around being 'fat' (her words) with a social-media campaign called #effyourbeautystandards. With more than 1 Million Instagram followers, and covers on mega US magazines *People* and *LA Weekly*, life is pretty sweet for a Mississippi gal who was a dentist's receptionist just five years ago.

Over here, she's best known for appearing on Channel 4 documentary *Plus Sized Wars*, which highlighted the rise of plus-size fashion bloggers, and she reckons the UK has a bit of catching up to do: 'You guys need this,' she says, speaking of the festival and growing plus-size momentum. 'The States are more accommodating to fat people – there are more plus-sized clothing labels, and people talk openly about it. I've noticed that a lot of people who criticise me are from the UK – both in the press and on social media. Since I've been here, I've gotten a lot of stares on the street, but in the States, people always come up to me and say, "I love your hair" or "I love your dress, you're so cute". Here, people just look at me like I'm a crazy person.'

That criticism she cites is constant, and of epic proportion. A quick scroll through her Instagram reveals the extent of her polarity – comments range from the obligatory 'This is disgusting, why are we supporting obesity? This is not sexy or beautiful or pretty, this is *unhealthy*' through to more emotional outpourings from fans who relate to Holliday's experience. 'Sometimes I can't really escape the negativity,' she admits.

Her insights are both shocking and empowering. 'People think that we're disgusting. They automatically think we're lazy, when I work hard and I'm constantly on my feet. But I do have moments, like for this shoot, when I get ready and feel self-conscious. I've got this really tight dress on, and my stomach's not flat – clearly. I'm a normal person, but people see me as this person who's not really real, almost like I don't have feelings. They think they can treat me any way they want to.'

'I also think that a lot of people who criticise my body would have sex with me in a minute; they'd just be too embarrassed to admit it,' she says. 'There is a "shame" surrounding people who are plus-sized. That's why I'm very vocal with what it's like to be my weight, I like to share photos of my relationship, and talk about love, sex and all of that. My fiancé posts photos of me on Instagram with the little heart emoji. I wish someone would have told me when I was younger that some day I would have someone who loves and worships my body – and that I'd be 280lb versus the 180lb that I used to be.' ▶

Holliday's weight rose dramatically – like many women experience – after the birth of her son, Riley. But her size and relationship with food has always been a thorny issue, coupled with a traumatic past. When she was younger, her mother was shot twice in the head by an ex-fiancé, paralysing her. 'When my mum got shot, I didn't have anyone to console me. Now I've got a therapist, I've learned that it's all wounds from your childhood. People hated me. I would receive death threats, as a kid. I have no friends from high school. That was probably the reason I ended up dropping out, and I dealt with that by eating,' she reveals. Alongside her father's jibes – 'He would constantly taunt me, telling people, "She's got such a beautiful face, if only she would lose weight" – nobody could begrudge Holliday for finding solace in food.

That's why she's keen to normalise her experiences, her life as a plus-sized person. 'I sit in an aeroplane seat OK, but sometimes I need a seat-belt extender if I want to be comfortable. Fans who see me on vacation comment, saying, "I wish I could go on a plane and travel" – they can. I go to Disneyland all the time, and people say, "How do you fit on the rides?" and I fit on them fine. I'm doing things people said I could never do, in the body that I'm in. But instead of the fact that I'm using my story as a platform to empower other girls, the topic is always that I'm fat.'

And what about health concerns? Holliday, unsurprisingly, has strong views on this, too: 'It's always, "You're unhealthy". I just think, "Fuck you". It's nobody's business whether I'm healthy or not. We could have other problems, like smoking 20 [cigarettes] a day, but you can't see that. Whereas you can see that I'm fat, and I *do* work out, but that's because I want to.' We hear you.

Holliday is part of a shift in attitudes over the last five years, with women like Lena Dunham, Melissa McCarthy, Rebel Wilson and Mindy Kaling becoming icons without slotting into the 'acceptable' Hollywood size bracket. Other plus-size models making waves include Ashley Graham, a TEDx speaker who made it into *Sports Illustrated* as a UK size 16, and plus-size model Erica Schenk, who was photographed for the August cover of US magazine *Women's Running*. The subtext? You *can* be both fat and beautiful, and that's a truth that's been a long time coming.

'I'M DOING THINGS PEOPLE SAID I WOULD NEVER DO IN THIS BODY'

Despite the national UK average size being a 16, according to Kantar retail analysts, one in five women size 18 and above find shopping for fashionable clothes difficult. But designer brands are finally realising that the plus-size pound is a valuable one; Net-a-Porter is increasing its stock of larger sizes from Cruise 2016 by 75 per cent – and some labels now go up to a size 18. 'I'm excited about plus-sized clothing now. There are things you see on the runway that they make in plus-sized fashion, but when I want a designer item and email the label my measurements, they're like, "No, we can't do that". Shame on you if you want to lose out on money, because plus-sized women are a loyal bunch,' says Holliday.

Meanwhile, at Curve Fashion Festival, the queue of women waiting to meet Holliday is just the beginning. You can tell from the rails of non-tent-like cool that things are changing. By the time next year's event rolls around, the changes in the way we speak and view plus size will likely be immeasurable. ■



Dress, Wolford; shoes, Terry de Havilland; earrings, Butler & Wilson

LOVE MS HOLLIDAY?

Here are the other plus-size pioneers you need on your radar



Callie Thorpe

Insta deets: @calliethorpe
Blog: fromthecornersofthecurve.com
Twentysomething Welsh beauty Callie moved to London and began a blog about dieting, before realising she needed to be at peace with her body.



Danielle Vanier

Insta deets: @daniellevanier
Blog: daniellevanier.co.uk
Danielle is a 28-year-old self-proclaimed 'fat person' who loves fashion. Through her blog she hopes to empower girls to feel confident in their clothes, regardless of size and shape.



Louise O'Reilly

Insta deets: @stylemecurvy
Blog: stylemecurvy.net
Louise is an international plus-size model who's campaigned for brands such as Freya and Very. Her love of clothes led to stylemecurvy.com – a platform to showcase fashion diversity.



Nicolette Mason

Insta deets: @nicolettemason
Blog: nicolettemason.com
A creative consultant by day, this Los Angeles native shares her diary of style, beauty and travel. Let's not forget to mention that she's a contributing editor at *Marie Claire* US, too.

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IN CINEMAS NOVEMBER 20TH

Don't leave fertility to chance

Want children? Trying? Or maybe you're just not sure? *Charlotte Haigh MacNeil* answers all your FAQs and gives you the most-up-to-date options for starting a family

I'm not sure if I want children. Should I freeze my eggs just in case?

It could be 'a good insurance policy,' asserts Dr Amin Gorgy, co-director of The Fertility & Gynaecology Academy in London, who recommends doing it before the age of 37. 'After that, the quality isn't likely to be good enough,' he says. 'Poor-quality eggs are less likely to develop, which is why it can be harder to conceive when older. If you're using eggs frozen when you were younger, your chances are much better.'

While it once had a reputation forbeing unreliable, these days, about 90 per cent of eggs survive thanks to 'vitrification', the latest technology that avoids the formation of ice crystals during the freezing process. But there are still no guarantees. 'If a woman under 35 freezes about 12 eggs, she could have up to a 50 per cent chance of success later,' says Dr Geeta Nargund, medical director of Create Fertility.

A cycle of egg-freezing can cost up to £5,000, and involves a needle through your vagina to take out the eggs. Mature eggs are stored at a clinic (costing £200 to £300 a year) until you are ready.

If I've had an abortion or miscarriage in the past, will that affect my chances of getting pregnant?

Good news – this is very unlikely. 'Women worry about a condition called Asherman's syndrome, caused by scar tissue developing in the uterus after a termination,' says Tim Child, medical director of Oxford Fertility. 'This can make it difficult for a pregnancy to implant. But Asherman's is very rare. If anything, a previous pregnancy is usually a reassuring sign you're fertile.' About one in four pregnancies ends in miscarriage. This is mainly down to abnormal chromosomes in the baby. Most women go on to have a healthy pregnancy.

Should we be 'saving' the sperm for my fertile days?

'If a man ejaculates only every two or three days, the number of sperm is higher. If you have sex every day, there are fewer sperm per ejaculation but their motility is better,' says Child. 'So it's swings and roundabouts. Sperm lives in your body for two or three days and the egg lives for a couple of days after ovulation, so the National Institute for Health and Care Excellence guidelines on fertility advise having sex every two or three days throughout your cycle. You'll ovulate around 14 days before your period, but I don't advise timing sex to coincide with ovulation. Some research shows that couples waiting for the right time risk missing ovulation, plus it puts a lot of pressure on you both.'

What's the latest research in infertility treatment?

New developments are all about boosting live birth rates. 'All women produce embryos with chromosomal abnormalities, which may fail to implant or miscarry,' says Dr Gorgy. 'Clinics can now perform pre-implantation genetic screening (PGS) of fertilised embryos before they're put in the womb. We can exclude embryos with extra or missing chromosomes and those that carry defects. An immune system imbalance can play a role in fertility problems,' he explains.

'For instance, some women have too many natural killer (NK) cells in the lining of the uterus. These are immune system cells that fight off infections, but if your levels are too high they may attack a foetus. About 20 per cent with unexplained infertility going through IVF have immune issues. We treat them with medicine to suppress the overactive cells.'

Can fertility treatment give you cancer?

'Good studies have found IVF doesn't lead to an increased risk in any female cancer,' says Nick Raine-Fenning, associate professor in reproductive medicine and surgery at the University of Nottingham. 'Some research showed multiple IVF cycles in women under 25 could raise the risk of ovarian cancer. There is a possible increased risk of ovarian cancer in women who take Clomid – given to stimulate ovulation – for more than a year. But it's a small risk and most women wouldn't take it for that long.'

I want to get pregnant. What can my partner and I do to increase our chances?

If either of you smokes, quit. Smoking can damage sperm and bring on menopause a few years early. But the jury is still out on e-cigarettes. 'We don't really know about their long-term effects or safety,' says Raine-Fenning. 'But if you're using them to help you quit, anything has to be better than smoking. However, it's best if you're neither smoking nor using e-cigarettes - the ovary of a smoker actually looks older.' Improving nutrition, with a diet of plenty of fresh fruit and vegetables high in antioxidants, can help both partners.

'For men, just two to three months of having a healthy lifestyle can make a big difference to abnormal sperm,' says Raine-Fenning. You don't have to go all Gwyneth, though. 'With alcohol and caffeine, lower levels are better, but there's no need to cut them out completely,' says Child. 'One glass of wine a night is fine.' Start taking folic acid to reduce the risk of neural tube defects in a baby, and a general pre-conception multivitamin can be a good back-up. But while the fertility forums buzz with stories of supplements that can help improve egg quality over 35, in most cases the science isn't strong, says Raine-Fenning. 'However, there's evidence that a supplement called DHEA may help some women.'

We've all heard stories of stressed-out couples who conceive when they take a holiday, but only extreme stress affects ovulation. 'With lower stress levels, the picture is less clear,' he adds. 'I was involved in a study that found levels of the stress hormone cortisol were high throughout IVF, but it didn't affect the outcome. That said, if you're trying to conceive naturally, stress may influence cycles. So it is worth taking steps to reduce it.' ▶



IN THE USA

Would you freeze your eggs on your boss's tab? Companies in Silicon Valley, including Apple and Facebook, are offering female employees up to $20,000 (£13,000) to do it.




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Just how difficult is it to get pregnant if you're over 35?

'Your fertility doesn't fall off a cliff, but it does begin to drift downwards,' says Raine-Fenning. 'There's typically another drop at 38, then it speeds up more at 40.' This doesn't mean you can't get pregnant when you're older – the number of eggs you have left in your ovaries falls at different rates from woman to woman.

If you want to predict your future, you could have a fertility MOT at a private clinic, with tests including an Anti-Mullerian Hormone (AMH) test, which can tell doctors how many eggs you're releasing. 'But the tests don't tell us about egg quality, and that's often what causes problems over 35,' he says. 'You could have good ovarian reserve but still struggle to get pregnant. Conversely, poor results don't mean you can't conceive if you're still ovulating every month, and plenty of women get pregnant easily without even knowing if they have low ovarian reserve. But if you're worried, the tests could be useful. Have your tubes and uterus checked, too. If you have any issues, such as endometriosis, fibroids or ovarian cysts, it's best to get them addressed now.'

I don't have a partner. What are my options?

In Denmark, one in ten babies conceived with donor sperm is born to a single woman, and elective single motherhood is on the rise in the UK, too. You'll have to fund it yourself, though. 'Treatment with donor sperm isn't generally available to single women on the NHS, as to qualify you have to have a medical condition that prevents you from conceiving,' says Child. 'But you could have donor insemination or IVF at a private clinic.'

Aside from chancing it and hoping the right relationship will happen, you could freeze your eggs [see previous page]. The price of a semen sample varies, but it may be up to £500 for a single sample – that's enough for just one attempt. You then have the cost of intrauterine insemination (where the sperm is inserted around the time you ovulate) – which totals about £800 – or IVF (with drugs given to stimulate the ovaries to produce lots of eggs), which costs upwards of £3,500. ▶



IN SWEDEN

A woman who lost her uterus due to cancer was implanted with her mother's womb. She went on to deliver her own son in the revolutionary operation carried out by Dr Mats Brännström.

IN SPAIN

Fast becoming the 'fertility tourism' capital of the world. Most people go to Spain for egg donation. Since it's anonymous, there's many egg donors and virtually no waiting lists.



Little helpers

The Stork Home Conception Kit,
£99.99, Superdrug
Perfect if you're trying to conceive, but not at the 'let's-get-professional-help' stage. A condom-like sheath catches the sperm and transfers to a cervical cap, which is placed on a tampon-like applicator and inserted close to the cervix opening. Pricey, but success rates (10-20 per cent) are comparable to in-clinic intrauterine insemination.

Fertility Friend app,
free, Apple Store
With over 15 years' experience, this remains one of the most popular, comprehensive fertility trackers, using ovulation signs like cervical mucus and basal body temperature. And it's completely impartial with no ads (so you won't have products pushed your way).

Thorne Basic Prenatal dietary supplement,
£26.99, nutricentre.com
Many women can't absorb folic acid easily, making conception difficult. This supplement is different because it's the only prenatal one we know of that provides it in a methylated form, making it more digestible.


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IVF: WHAT LOVED ONES NEED TO KNOW

The night before she finds out if her fourth cycle of IVF has been successful, *Amanda Jackson, 34, has a message for her friends and family**

Dear close friends, not-so-close-friends and all of my relatives. . .

Tomorrow I will be the first in line at the doctor's surgery. I will give blood, go home and spend the next few hours glued to my mobile, with my heart beating fast in my chest. Imagine waiting to hear if you've passed the most important exam of your life. You've done all the hard work, and now all you can do is wait. That's how it feels waiting to hear if a cycle of IVF has been successful. I don't need pity. I actually have more sympathy for those of you who are on this journey with me. I know some women keep their IVF a secret, but I couldn't wait to tell. And now, after three failed attempts, I've discovered that IVF isn't the terrifying monster that I thought it would be.

While it's difficult, I've fought my fears head-on. Whereas, for you, IVF is still a daunting procedure, with unpredictable side-effects and awkward conversations. Sure, there are physical challenges, but you are the ones who often feel hopeless and helpless, while handling my mood swings and wondering whether it's OK to invite me to your kid's birthday party. In my hormonal state, it only takes one question to knock me sideways – 'So, have you ever considered adoption?'

It has been five years since my husband and I first walked into the doctor's clinic to start two solid years of tests, which ended in the phrase, 'unexplained infertility'. I was so excited. I naively thought the first round of IVF would work and I was crushed when I got a damning no. You, who had previously mirrored my optimism, suddenly had to shift your expectations as well. I hate to use the phrase 'emotional rollercoaster' because I sound like someone from *The X Factor,* but it's an accurate description.

The problem is it's almost impossible to be both positive and also not get your hopes up. Sometimes I want to sob and sometimes I want to celebrate, even before there is any good news. I know the hormone treatment can also cloud my judgement. I remember one of you emailing me an article about a woman who'd had children aged 50. You did it to give me hope, but I wrongly assumed you were calling me old.

Since then, I've made a conscious decision not to make assumptions. If I'm not sure what a friend is trying to say, I ask them – what did you mean by that? For those of you who are mothers, I think IVF can put a strain on our friendships. Let me make one thing clear – I am happy to be around your children! I love being around babies, because it reminds me of what I'm fighting for.

This certainly isn't true for every woman going through IVF, but instead of cutting us off, just ask: 'How do you feel being around my children?' When you're dealing with infertility, you already feel left out of society. The last thing you need is to be pushed away by your friends. Another well-meaning question that I dread is: 'How many cycles will you have before you explore other options?' It's a caring question, but to me it infers that you don't think IVF is going to work and I can't let my mind go there.

Right now, I need to think of IVF as a positive, proactive step. That doesn't mean I will always be strong. Sometimes (OK, often) I may collapse and just need you to put your arms around me. More than anything I need you to be willing to step up when I need you, and willing to step away when I need space.

I have purposefully asked you all not to contact me tomorrow after my blood test. If it's bad news I need time to process it quietly. If it's good news, I want to savour the secret with my husband, even if it's just for an hour, before we choose to tell the world. I know that you probably feel helpless and useless, but the best fix is simple. And it's just five words long: 'Tell me what you need.'

Amanda has since found out she's pregnant. She's 'nervously ecstatic'. ▶

IN AUSTRALIA

The Australasian Oncofertility Registry will track the fertility of cancer patients from when they're diagnosed. The world-first register hopes to help cancer survivors conceive.

INTERVIEW BY AMY MOLLOY

WHAT IT'S LIKE TO ADOPT

When fertility treatment didn't work, *Marie Tomlin** decided to adopt. Here, she shares her experience

OUR DAUGHTERS CAME TO US ten years ago, aged four and six, fully-formed mini strangers. They rocked up with a truckload of personality and a gigantic half-empty suitcase, courtesy of their foster carer. Everyone says nothing prepares you for parenthood, but times that by 100 when it comes to adoption.

If I could rewind the last decade, here's what I'd tell myself. You'll be exhausted at the start, because you'll all be on your best behavior. A bit like dating, with nobody showing their true colours and hoping that eventually you'll fall in love. (We did, and quickly.) Our daughters had come from a family where they'd had some love, so they didn't find bonding as difficult as many adopted children.

You'll feel a fake. For months, you'll be expecting that hand on your shoulder: 'Excuse me madam, but is this your child?' Medical stuff will be a minefield. In A&E one night, worried about my youngest daughter's fever, the exasperated nurse said: 'Well *you* know your daughter. Does she seem ill to you?' I had to stand there and explain that no, actually, I didn't know her. With limited knowledge about their birth father, how do I know what runs in the family? I answer these questions with 'not-as-far-as-I-know-but-my-girls-are-adopted' explanation.

Tantrums are no big deal. In the first few weeks (OK, months), every time you tell off your child for something minor, they will think you're showing them the door. Rejected/hurt kids often assume any criticism is an attack. They may end up being people-pleasers, or kick against authority. We have one of each.

Every time someone uses a phrase like 'real mum' or 'natural mum', you die a little inside. Including when you overhear your daughter chatting to friends, explaining how she's not allowed to see her real dad until she's a grown-up. Cue gasps of incredulity and, 'that's so unfair!' But it works both ways. My 17-year-old is at home with flu today. I just texted to say, 'lots of fluids and rest'. She responded, 'Thx Mum.' Every time she uses that word I get a jolt of pure joy.

Every adoption is different, because every child arrives with their unique baggage. Ours seems straightforward and unproblematic. I have friends who had very difficult times (children running away from home, violence, and even one taking an overdose - unsuccessfully). That gives you an idea of the kind of pain some parents are dealing with.

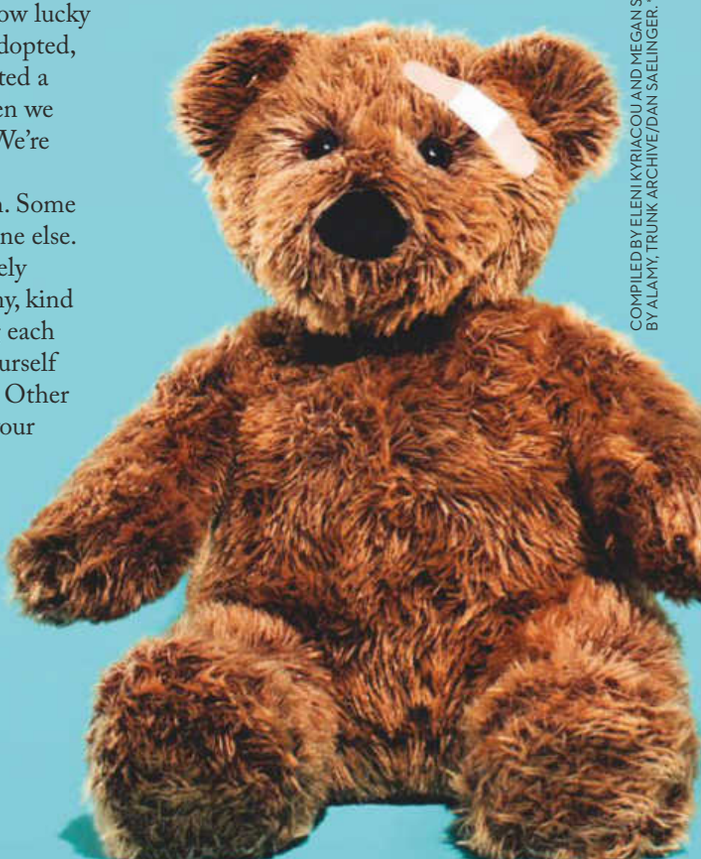
People have commented on how lucky our daughters are to have been adopted, but we're fortunate, too. We wanted a family, couldn't have one, and then we stumbled on this amazing idea. We're the ones who have lucked out.

It's a work in progress, though. Some weeks/months, you're like everyone else. You go out for dinner, have a lovely evening and look at the two funny, kind kids across the table interrupting each other to tell a story, and catch yourself thinking: 'Yeah, we did all right'. Other days are really hard. Like when your eldest explodes when you tell her you won't fund her gym membership, and storms out to visit her birth nan. At night. On a bike with no lights. Or a helmet. And when your youngest starts hanging around with wannabe teen gangsters and the school calls and you want to say: 'You don't understand. It's not the same for her. She really doesn't know who she is.' But you know the teachers will say: 'Yeah, well, it's the same for all teens.' So you don't bother.

Good friends and family will be extraordinarily kind. Babysitting when they're little, automatically including your kids into every family event, all these things help enormously and show they really understand that all you want – and all your kids want – is to belong and feel claimed. It will be by far the best decision you've ever made. ■

IN IRAN
The government has passed a bill that could lead to sterilisation and contraception being banned. If it is made law, many women will be forced to undergo underground abortions.

IN ZIMBABWE
Women drink a cocktail of baboon urine and beer, as tradition says it helps conception. There's method in the madness: urine contains hormones that can stimulate fertility.



COMPILED BY ELENI KYRIACOU AND MEGAN SUTTON. PHOTOGRAPHS BY ALAMY, TRUNK ARCHIVE/DAN SAELINGER. *NAMES HAVE BEEN CHANGED



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REHANA KOSAR, 37, Sutton Coldfield





'I set up a company with friends on the other side of the world'

'My friends live in Hong Kong and, with the time difference, it was hard to start with, but being flexible is key. Now our fashion company, Evoke 90's Vintage, is so successful I've quit my day job.'
CELIA CHUNG, 24, Leicester



'I've had a double lung transplant'

'I was born with cystic fibrosis. At 19, I was so ill my only hope was a double lung transplant. Two and a half years later, I was told I would die, but thankfully a donor was found. I've since travelled the world and set up my own company.'
SAMMI SPARKE, 35, Sheffield



'I invented a life hack that went viral'

'Using a penny and an elastic band, I turned my skirt into a pair of shorts so I could cycle without flashing. The video I made of it was viewed 3 million times, and I'm about to launch my own product, with some of the profits going to the Afghanistan women's cycling team.'
JOHANNA HOLTAN, 35, Edinburgh

For the full stories visit marieclaire.co.uk/share. Head to Twitter @marieclaireuk to tell us something surprising about yourself using #mcshare

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LIFE STORIES

CILLA BLACK

She was the voice of the 60s; queen of Saturday-night TV and a 'lorra, lorra' laughs, so when Cilla died in August, the nation mourned. Full of charm and charisma, there was also steely ambition that drove her to stardom

Words by HELEN GENT







Clockwise from far left: performing on *Top Of The Pops* in the 70s; Cilla with her brother and mother at the family home in Liverpool; on her wedding day in 1969 with husband, and later manager, Bobby Willis; rehearsing *Step Inside Love* – the theme tune to her TV show *Cilla* – with Paul McCartney in 1968

WHEN SHE LEFT ST ANTHONY'S Roman Catholic school at 15, Cilla Black received little encouragement to pursue her dream of stardom. 'Priscilla is suitable for office work,' read her final report. Ten years later, thanks to a ruthless determination that belied her chirpy girl-next-door image, Cilla was a millionaire with a string of hit records and her own prime-time television show. And once the pop star had turned TV host, there was no stopping her – at the height of her fame in the 90s, Cilla was the highest-paid woman on TV, earning a reputed £60,000 an hour. Not bad for the working-class girl from Liverpool who used to sing into a toothbrush.

Born in 1943, Priscilla Maria Veronica White – the surname 'Black' was the result of a mix-up in a newspaper and the name stuck – grew up in a council flat with her docker father, John, mother Priscilla, who ran a market stall, and her three brothers (the youngest was actually an adopted cousin). She admitted in her 2003 autobiography that as the only girl she was 'an absolute cow if I didn't get my own way', a hint at the tough streak that would surface later. They were a musical family and on a Saturday night after the pubs closed there was always a sing-a-long back at home. It was on one of those nights, when she was about five, that Cilla sneaked out of bed and got her chance to perform. After hearing the rapturous applause when she'd finished Al Jolson's *Mammy*, she was hooked.

It wasn't long before she was competing in talent contests and working on her image. 'I would buy a dress and wear it back to front. I just wanted to be different, even when I was 13,' recalled Cilla, who dyed her mousy hair red. After leaving school, where she was 'a natural show-off', she did a secretarial course then took a typing job, supplementing her income as a lunchtime cloakroom attendant at Liverpool's famous Cavern Club, one of many venues the music-mad teen frequented.

This was the start of the 60s – an exciting time for Liverpool's music scene – and, egged on by her friend, Pauline, Cilla would often get up on stage to sing with one of the up-coming bands, including the soon to be stratospheric The Beatles. She started to build up a following, but not all her performances were successful. Once, she was teamed with a band that was so out of key that just two bars into her song Cilla ran off stage and hid in the toilet. Nonetheless, she was soon getting paid bookings and The Beatles recommended her to their manager, Brian Epstein. She fluffed her audition – this time it was Cilla who was out of key – but a year later, in 1962, Epstein heard her sing live and offered her a contract.

Legendary record producer George Martin, who signed Cilla to Parlophone Records not long after, remembered their first meeting: 'Cilla was an unusual girl, a real mixture, full of contradictions. She was very confident, even then, but I think underneath that bold front I detected a bit of fear. She had this extraordinary voice, which was very strident, and yet when she spoke it was soft and rather shy.'

'I'VE ALWAYS BEEN SEEN AS THE GIRL NEXT DOOR... I HATE THAT IMAGE. IT'S A BIT LIKE BEING A PACKET OF SOAP POWDER'

At just 21, Cilla had her first number-one hit with *Anyone Who Had A Heart*, which became the biggest-selling single by a female artist in the 60s. Dionne Warwick, whose own version of the song failed to make a mark on the UK charts when it was released a year earlier, sniped: 'There was no imagination in her recording. I honestly believe that if I'd sneezed on my next record, then Cilla would have sneezed on hers, too.' Cilla didn't sneeze, but she did have another chart-topping hit with *You're My World* later that year. Elvis liked the song so much he had it on his jukebox at his Graceland estate.

At the time, Cilla was dating Bobby Willis, an aspiring singer-songwriter she'd met in a club at 17. The pair were inseparable, but from the start she made it clear that she was the star in their relationship. At one stage she forbade him to sign his own contract with Epstein. 'I gave him an ultimatum,' confessed Cilla years later. 'I said, "There's only room for one ego here and I've got it". I was selfish, wanted fame, lusted after it. He took a back seat so I could realise my dream. ▶





Clockwise from far left: fresh from a holiday in France in 1971, Cilla emerges from her plane holding 13-month-old son Robert; performing on her eponymously named show in the 70s; with manager and promoter Brian Epstein in 1964, proudly clutching a Silver Disc for her chart-topping *Anyone Who Had A Heart* record



I was ruthless, but you had to be in those days, especially as a woman.'

Jeff Pope, who wrote the screenplay for last year's *Cilla* biopic starring Sheridan Smith, concurs. 'There is a disparity between the soft Cilla we perceive now, and how she really was. Cilla was very insistent that we go into areas that weren't viewed through rose-coloured glasses. She was very upfront about how determined she was and how sharp her elbows were and had to be in those days.'

'My career was all-important,' said Cilla. 'It was me, me, me. At times I was difficult, but I got what I wanted... It paid off.' She would often take out her frustrations on manager Brian Epstein. On one occasion, Epstein was spotted by Tito Burns, then Dusty Springfield's manager, exiting Cilla's dressing room looking pale and anxious. 'I'll do a swap with you,' said Epstein wearily. You give me Dusty and I'll give you Cilla.'

In 1969, Cilla and Bobby – now her manager – married. They had three sons and a daughter, Ellen, who tragically died two hours after her premature birth. A year earlier, Cilla had signed a £63,000 contract to present her own eponymously-named show, becoming the first woman to have her own prime-time programme on BBC One. But still, the mix of live singing, comedy sketches and spontaneous broadcasts from viewers' homes wasn't to everyone's taste, with one critic opining: 'To criticise Cilla Black is a bit like battering a baby seal over the head with a club. But anyway, it needs to be done...'

Thanks to her television work and singing engagements all over the world, Cilla was now a millionaire with a private plane and a ten-bedroom mansion in Buckinghamshire (properties in London, Spain and Barbados followed). On the housekeeper's day off, Cilla vacuumed the place herself 'in case the Queen drops in'. She had a penchant for vintage champagne, which she famously drank during interviews, but not all her tastes were expensive. She loved eating hearts stuffed with Paxo – she told people she was buying the offal for her dogs – and a favourite snack was reportedly a warm Mars bar wrapped in smoked salmon. 'I've made a lot of money but I was brought up not to waste anything, so I still scrape the last bit of butter off a packet,' she confessed.

'MY CAREER WAS ALL-IMPORTANT. IT WAS ME, ME, ME. AT TIMES I WAS DIFFICULT, BUT I GOT WHAT I WANTED'

Once she had transitioned to television, Cilla began a second career based on what one critic described, not incorrectly, as 'the phenomenon of ordinariness'. Her down-to-earth personality meant she connected easily with audiences, though this belied a slick professionalism. 'She was simply magnificent,' recalls radio presenter Vanessa Feltz, who appeared in a 1996 episode of Cilla's long-running show, *Surprise Surprise*, in which long-lost relatives were reunited.

Back in front of the cameras, Cilla was the perfect matchmaker for the dating show *Blind Date*, which, at its peak, kept 17 million viewers glued to their TV screens on a Saturday night. She says she got the job as the first woman to host a British television game show because she was thought of as 'the most sexless person on TV' by the show's producer. 'Unfortunately, I've always been seen as the girl next door and although it's been good for me, I hate that image… People see me as being inoffensive and no threat to anyone. It's a bit like being a packet of soap powder.'

In 1999, two years after she received an OBE, Bobby died of lung and liver cancer. During their 30-year marriage, they had ▶

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Clockwise from left: playing matchmaker in 2012, with a Blue fan and Duncan James on her hit show *Blind Date;* rocking the runway for Fashion For Relief in 2009; actress Sheridan Smith recreates the singer's rise to fame in 2014's critically acclaimed biopic, *Cilla*



only spent four nights apart and he had done everything for her. 'I'd never so much as paid a restaurant bill or checked myself in at an airport,' admitted Cilla, who was so grief-stricken she often spent whole days in bed afterwards.

Four years later, amid a ratings slump and rumours that she was due to be replaced by a younger host, Cilla sensationally quit *Blind Date* live on air during the final show of the season. 'I didn't want to do a press conference. I believed it was more important to tell the viewers direct,' she said at the time. 'I was 59, I'd been doing the show for 26 weeks a year for 18 years and I was stressed out. What used to be fun was just a hard slog.'

The Guardian reported Cilla's shock departure with a controversial 'Fuck Cilla Black' cover designed by Turner Prize-winning Gillian Wearing – part of a week-long project using famous artists to illustrate news events. At the time, Cilla reportedly dismissed it as a cheap publicity stunt, but later said she was 'flattered'.

A new Cilla emerged, dressed in black leather trousers and her trademark heels, which she refused to give up despite her arthritis. Sporadic television appearances punctuated a social life filled with boozy gal-pal lunches and club nights with her 'gay mafia' posse, entertainers Dale Winton, Paul O'Grady and Christopher Biggins. At one party, in 2008, she met Paris Hilton. Cilla recalled their encounter: 'The host said to her: "I want to introduce you to this iconic lady. She's a national treasure." I looked behind me to see who he [was talking to] and Paris looked equally bewildered.' There were occasional dates, too, and a platonic relationship with Sir John Madejski, co-chairman of Reading Football Club, who described her as 'fun, effervescent, very rock 'n' roll'.

In 2014 – a year before Cilla died from a stroke following a fall at her Spanish holiday home aged 72 – a whole new generation discovered Cilla through Sheridan Smith's portrayal of her in *Cilla*. It was also the year Cilla won a BAFTA Special Award in recognition of her outstanding contribution to TV entertainment. Accepting the award was a bittersweet moment for the star, whose sight and hearing had lately deteriorated. 'It's a great honour that somebody in your own lifetime plays you,' she said, referencing the television biopic. Then, prophetically, 'Maybe I should die next year.' ■

CILLA'S MEN **She lost her beloved Bobby, but Cilla's male posse of showbiz pals always rallied round**



CLIFF RICHARD
They became neighbours in Barbados and a firm friendship followed. The two stars would often visit each other all over the world.



JIMMY TARBUCK
Close since the age of 15, they first got to know each other on Liverpool's lively club scene in the 60s.



CHRISTOPHER BIGGINS
Biggins starred in the popular TV show *Surprise Surprise* with Cilla in the 80s, and they remained friends until her death.



DALE WINTON
Despite missing her funeral due to filming conflicts, he called her 'the most loyal person a friend could have'.



PAUL O'GRADY
The fellow Liverpudlians were seen out together countless times over the past 20 years, with O'Grady saying Cilla was like a sister to him.

PHOTOGRAPHS BY GETTY/REDFERN/DAVID REDFERNS, MIRRORPIX, GETTY/LARRY ELLIS, GETTY IMAGES, REX FEATURES, GETTY/HULTON ARCHIVE, THE PICTURE LIBRARY, NEWS SYNDICATION, G BEAR/XPOSURE

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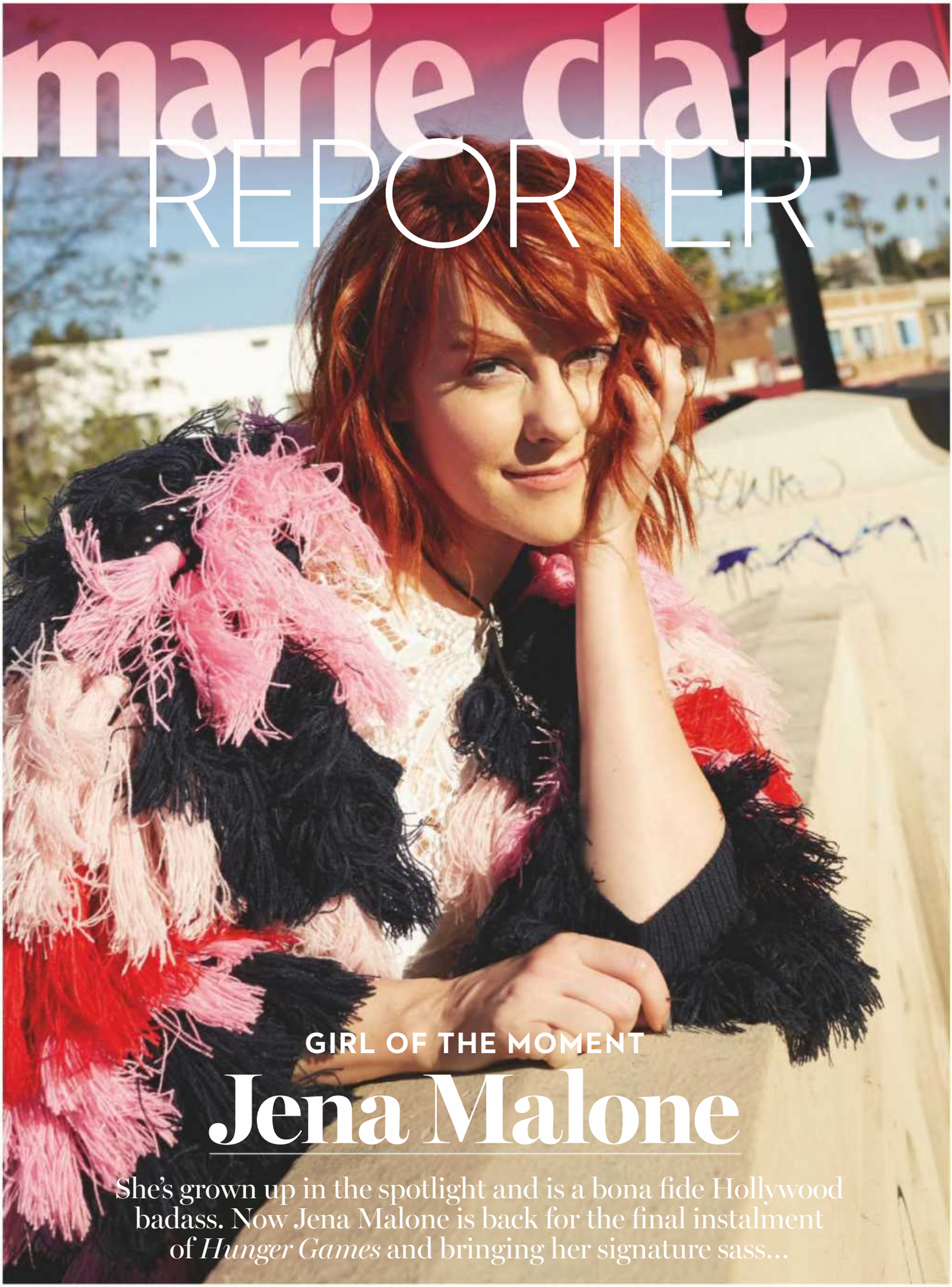


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GIRL OF THE MOMENT

Jena Malone

She's grown up in the spotlight and is a bona fide Hollywood badass. Now Jena Malone is back for the final instalment of *Hunger Games* and bringing her signature sass...

PHOTOGRAPH BY BEN SULLIVAN


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FILM

Must-see movies



CAROL ★★★★★

This regal Patricia Highsmith adaptation sees Cate Blanchett imperious as a 50s housewife, who sparks an affair with Rooney Mara's shop girl. Beautifully made.



KILL YOUR FRIENDS ★★★☆☆

After his nutty *Mad Max* turn, Nicholas Hoult plays a murderous A&R man in this Britpop-era music satire. Too close to *American Psycho* to be original, but still a fun ride.



BLACK MASS ★★★★★

Johnny Depp delivers his best work in years as Whitey Bulger, a ruthless, real-life Boston gangster in this violent but gripping drama. Benedict Cumberbatch co-stars as his brother.



HE NAMED ME MALALA

★★★☆☆

A documentary about the Pakistani schoolgirl, who survived a Taliban assassination attempt. You'll be left feeling even more admiration for her.

WORDS BY KIARA KEANE. PHOTOGRAPHS BY BEN SULLIVAN

INTERVIEW

Hunger gains



JENA MALONE continued



It's pretty intense that it's the end of the *Hunger Games* series. I reckon I'll be holding my breath the whole time. It's the last one, so I'm hoping that the fans will go wild and give us a big send-off.

I think I have the same kind of fierceness as my character Johanna when it comes to protecting my family. She's got some deep-rooted issues, but I love her strength and humour. She's quite sassy. [Playing her] has maybe brought out a little bit more sass in me!

I feel really lucky that I've been able to work as a storyteller since I was young. It's made me more interested in humans in a deeper way. Giving any child a voice at an early age is one of the best things you can do, because they can find their own individual wants, needs and desires.

All young men and women should grow up with a fuller, healthier understanding of their bodies. When I posted #freethenipple on Instagram, it was just about going for a hike with some of your best girlfriends and being like, 'These are my nipples'. And maybe you like them or maybe you don't, but the message is to be OK with them – feel strong and proud of your body.

We grew up in the MTV era that was full of unattainable perfection, which creates a lot of negative thinking. I hope this next generation is really going to teach us the complete opposite of that. All these movements are veering towards being more body confident, healthy and aware of your own sexuality.

My work is pretty constant – I'm on a film set, then I go home, think of a melody and write it down. Or, I have downtime and write a record – it just happens naturally.

My main musical influences are Nina Simone, PJ Harvey, Neil Young and Tom Waits. I released an album with my band The Shoe last year, but I don't really think of it as a job, more a kind of creative endeavour. Kate Winslet and Cate Blanchett are two really rad women. They've always had incredible roles and I like how they handle themselves in the world.

I feel that there's not only a shift towards strong women, but also sensitive men – and you can't have one without the other. It's about allowing both genders to be equal in their own rights, which is far more exciting than just female empowerment.

The Hunger Games: Mockingjay – Part 2 *is released in cinemas on 20 November.*

From child star to superstar

Jena started her career on the silver screen before Facebook even launched



1998 Malone's first big role was in *Stepmom*, as the daughter of a terminally ill woman.

2001 She played Jake Gyllenhaal's troubled girlfriend in *Donnie Darko*

2004 In *Saved!*, her uber-religious character tried to turn her gay boyfriend straight.

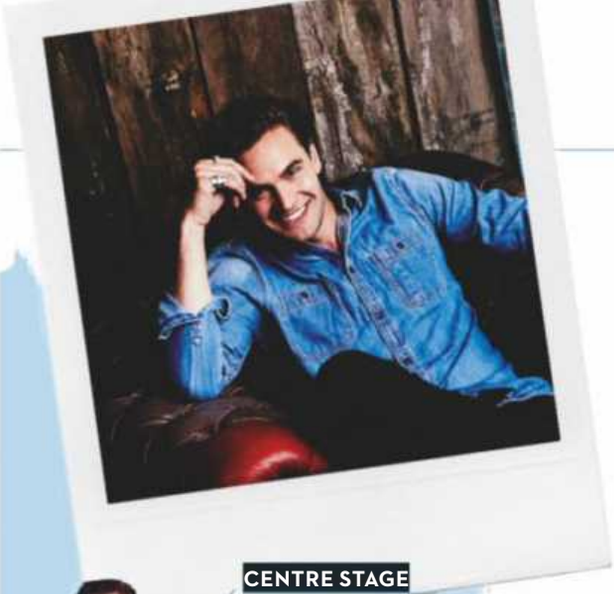




2005 The actress starred with Keira Knightley as the spoilt youngest Bennet sister in *Pride & Prejudice*.

2013 Malone joined the cast of *The Hunger Games: Catching Fire* as badass Johanna Mason.


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TELEVISION

Mr Jekyll will see you now

Meet Tom Bateman, the gorgeous, refreshingly honest and slightly sweary star of ITV's *Jekyll & Hyde*



CENTRE STAGE
With *Shakespeare In Love* co-star Lucy Briggs-Owen



A FAMILY AFFAIR
As Dr Jekyll's inquisitive (and pretty hot) grandson, Robert



THE DARK SIDE
Jekyll's powerful alter-ego Hyde with possible love interest Lily (Stephanie Hyam)

Since leaving drama school (he's LAMDA alumni, FYI) the ever-so-handsome Tom Bateman's career has been going from strength to strength. In fact, the actor, who takes the lead role in ITV's *Jekyll & Hyde*, has had barely a day out of work and he's achingly aware of how fortunate he is. 'I've been exceptionally lucky and I know that. I'm not being falsely modest here.' It's a line we've heard from many of those famous types, but from Bateman we're inclined to believe it.

That's not to say he isn't talented. Bateman's rather sinister portrayal of the table-smashing, teeth-baring Robert Jekyll, grandson of the famous doctor, is really nothing short of terrifying. And the actor, who previously starred in the stage adaptation of *Shakespeare In Love*, did nearly all of his own stunts, something he says helped him to embody the character: 'I think it was very important for the role. A lot of the time, we're talking about the consequences [of his actions] and you physically need to feel that. It just wouldn't be the same for me to step away and have the stuntman smash up the room.' He later jokes that the process was very therapeutic. 'Me being able to trash hotel rooms on set means I don't do it in real life,' he laughs.

Bateman stars alongside Richard E Grant as Sir Roger Bulstrode, and says working with the legendary actor 'blew my mind'. 'My first day with him, I had to pin him up against a wall and scream in his face and I almost had to bash his face in,' he says. 'It is quite bizarre to text your mum and say, "Hi Mum, just pinning the Scarlet Pimpernel up against a wall and then I'm gonna go have lunch."'

As well as *Jekyll & Hyde*, Bateman is currently starring in *The Winter's Tale* at London's Garrick Theatre alongside Judi Dench. And on his first day of rehearsals, tensions were running high. 'The first thing I said to Judi was, "Hello, I'm shitting myself with nerves," and she said, "Me, too. That never goes away."' The show sold out weeks before the first curtain went up. 'It's nice to play to a full house. If you walk out and see empty seats, your heart drops.' Somehow we don't think he'll be having that feeling any time soon.
Jeykll & Hyde is on ITV now.

Life lessons from a diva

American TV host and fierce glamazon Michelle Visage reveals how to ditch the drama and find your stride





A HANGOVER

'I stopped drinking when I was 21, because I was always one of those girls. All my friends are lushes, every last one of them, and they swear by having another drink.'



RUNNING INTO YOUR ENEMY

'Everything stands still, your eyes lock and you hear dramatic music in your head. That's when you laugh at them and say, "I don't see you. You don't matter to me."'



HEARTBREAK

'When I went through a bad break-up, RuPaul [right, centre] got me a book called *A Return To Love* by Marianne Williamson, and it changed my life. She says you have to brush yourself off and go, "OK, what did I learn from that?"'



WARDROBE NIGHTMARES

'What do you do when you have nothing to wear? Wear black. It could be the same thing you wore the day before and people won't even notice. Honey, have you ever seen me in any other colour?'

A BAD DAY

'There are days where I'm literally like, "I wanna go walk in traffic". It's those days where you need to find something that cheers you up. So for me, I'll put on a show tune 'cause I love musical theatre.'



The Diva Rules by Michelle Visage (£15.99, Abrams & Chronicle Books) is out on 10 November



WORDS BY OLIVIA FOSTER. KIARA KEANE. PHOTOGRAPHS BY ALAMY, ALLSTAR, BYGETTY, CORBIS


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Rihanna


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Jack Garratt


Van Morrison

MY WORLD

Annie Mac

The DJ extraordinaire on the beauty of records, the *Ten O'Clock News* and Insta-stalking Rihanna's friends

Someone you should try to see live over the next year is Jack Garratt. He's a wunderkind; basically a one-man band. His live set-up is him surrounded by synths, guitars and peddles, and I haven't heard a voice like that for a long time.

I still love buying records; I enjoy the whole process of flicking through them and asking to listen to one in the shop. Sounds of the Universe in Soho, London is probably my favourite store. It's got all the reggae, funk, soul, disco and boogie music. I bought a reissue of Van Morrison's album, *Astral Weeks*, which is really old, but I love it.

I love wearing trainers, but juxtaposing them with glamorous clothes. I like plain black or white Nike Air Force 1s and Adidas Stan Smiths. There was a cool range by Pharrell Williams; I wore the tangerine and lime-green pairs religiously. Vivienne Westwood always does fabulous event clothes that fit really well.

The one TV show that I've always made a point of watching is *This Is England*. It's just really rare that you get a good, challenging drama. But the only programme I watch regularly is the *Ten O'Clock News*, when I come in at night from my show.

My work involves a lot of travelling. There's this place in Ibiza, Es Cucons, which kind of feels like home. It's an *agroturismo*, where the owners grow all their own food and have lemon and orange trees.

I usually fly to New York twice a year for work, and when I'm there I go to Junior's in Brooklyn. It's a really famous diner. The story is that P Diddy used to send someone across the bridge every day to go and get his cheesecake.

I follow Rihanna on Instagram, and am so obsessed with her that I actually googled all of her friends, and now I follow them, too. I also love Sophia Webster. As well as being a mum and talented shoe designer, she's also a dancer. She posted a video online of her and her trainer doing a Beyoncé-style routine, which was flawless. I was like, can this girl get any better?

Annie's new album, Annie Mac Presents 2015, *is out now. For information on the Annie Mac Presents tour, go to anniemacpresents.com.*


Trainers, £70, Nike

INTERVIEW BY JOSIE AYRE. PHOTOGRAPHS BY REX FEATURES, ALAMY, JASON LLOYD-EVANS

RADAR

IT'S HAPPENING

Hipster gingerbread workshops, channelling your inner Jayne Torvill and snuggling up with Netflix: here's everything you need to welcome winter

THE BROADWAY MUSICAL

Pining for a break in NYC but can't quite afford the plane ticket? Head over to The Soho Hotel on 21 November for the next best thing, where the powerful Broadway production *Of Mice And Men* starring James Franco, Chris O'Dowd and Leighton Meester will be screened this month. Filmed on stage in New York by National Theatre Live, the sold-out show will help you beat those Big Apple blues.





THE ONE TO BINGE-WATCH IN BED

When it's cold outside, there's nothing we love more than to slump in front of Netflix in a onesie. So, we're pretty excited that Aziz Ansari's new comedy *Master Of None* is available to stream from 6 November. Written by and starring Ansari himself, there's even a cameo from Claire Danes. Can't. Wait.





THE SEASONAL MUST-DO

Winter just wouldn't be complete without Skate At Somerset House with Fortnum & Mason (from 18 November). Learn the ropes with Skate School or skate 'til late at the Club Nights, featuring a host of Ministry Of Sound DJs. There's even a 'Purple Rave' night dedicated to Prince. And when you've worn yourself out on the ice, stop by Fortnum's Lodge, serving Dorset crab blinis and hot chocolate.





THE *X FACTOR* ALBUM

Last year's winner Ben Haenow releases his self-titled debut album on 13 November. Former mentor Simon Cowell has called his new single with popstar Kelly Clarkson 'fantastic', and the album features tracks co-written by The Script's Danny O'Donoghue and Kodaline, as well as songwriters for Ed Sheeran and One Direction. Impressive stuff.

THE CHRISTMAS POP-UP

If you fancy combining hipster cool with gingerbread-house decorating (or maybe a spot of wreath-making), stop by the Queen of Hoxton's Once Upon A Wigwam for lessons. Inspired by the Brothers Grimm fairy tales, the east London pop-up's magical decor is bound to leave you feeling festive. While you're there, fill up on Magic Bean Stew and gingerbread, washed down with apple hot toddies. Yum yum.

Must-Reads

Liven up your daily commute or boost your bedtime routine with these page-turners



THE MARBLE COLLECTOR
by Cecelia Ahern (£16.99, HarperCollins)
A moving story of the fragile bond between Sabrina Boggs and her father, who isn't the person she thought he was.



AS GOOD AS DEAD
by Elizabeth Evans (£14.99, Bloomsbury)
Small-town Charlotte learns the true cost of betraying a turbulent friendship in this compelling psychological thriller.



CARRYING ALBERT HOME
by Homer Hickam (£12.99, HarperCollins)
A funny yet tragic tale of a husband and wife's car journey across the US with Albert the alligator in tow. Yes, really.



PLAYING WITH FIRE
by Tess Gerritsen (£13.99, Bantam Press)
Afraid her daughter is involved in violence, Julia travels to Venice for answers. A gripping story from *The New York Times* best-selling author.

WORDS BY KIARA KEANE. PHOTOGRAPHS BY RICHARD PHIBBS, GETTY IMAGES, ALAMY

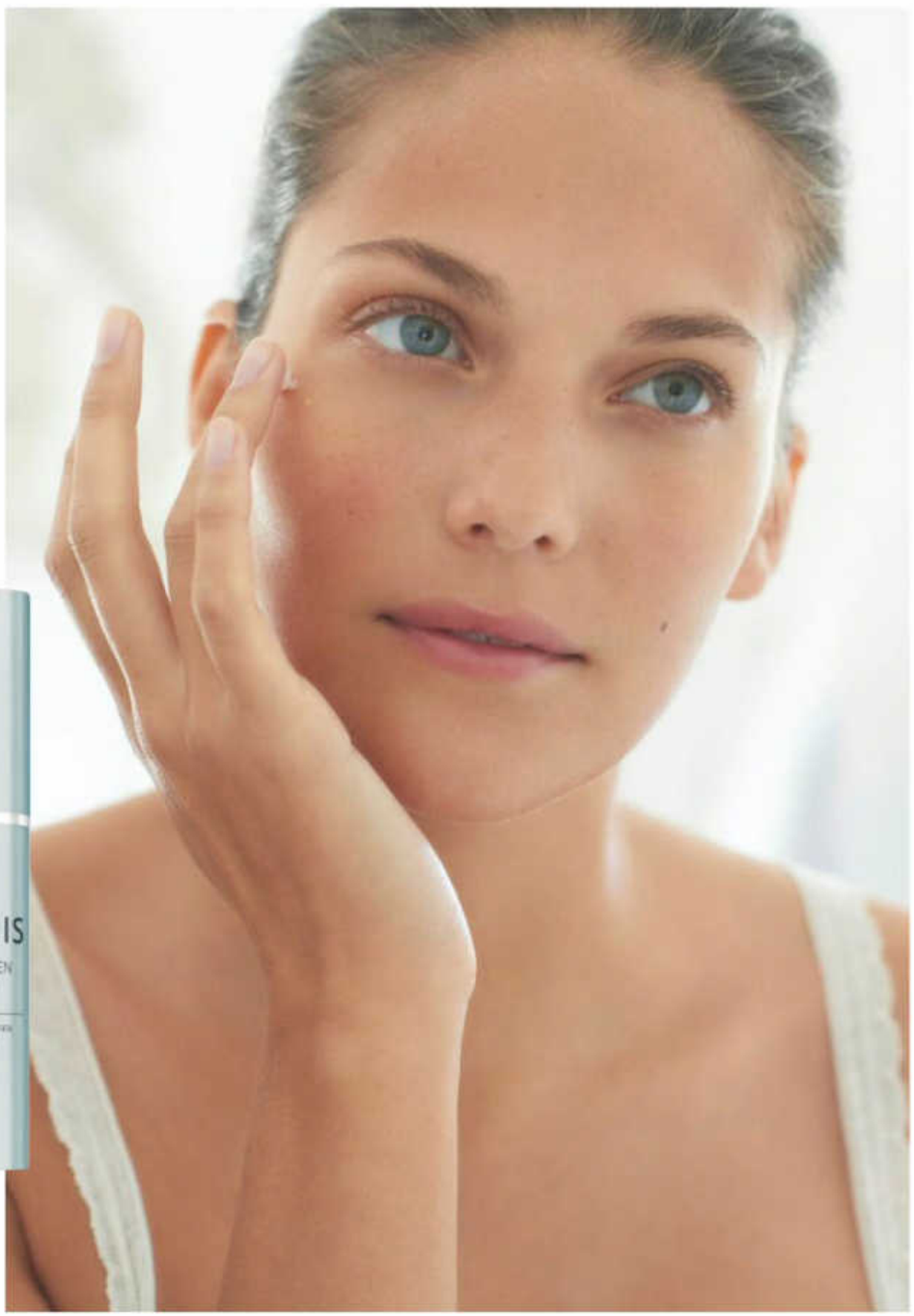
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Toy story

Is there anything more magical than going to see the *Nutcracker* at Christmas? The English National Ballet brings its beautiful adaptation back to the London Coliseum from 16 December. *Ballet.org.uk*

Winter Wonderland

Enter our magical, twinkly world of eating, drinking and festive LOLs. Happy Christmas!

Words by OLIVIA FOSTER, KIARA KEANE, JOSIE AYRE

Party planning 101 with Henry Holland

The man about town with A-listers on speed-dial says for fail-safe festive cheer, simply adhere to his event game plan



Choose your venue carefully When I hold parties after my shows, we tend to have them in pubs. This means there's a much more relaxed vibe from the outset. A party is really *all* about winding down – you don't want to be on edge.

Mingle You need to do this non-stop if you're the host. This means spending time with everyone. So never sit down. And if you must, make sure you don't stay there for more than ten minutes.

Facebook events are not OK I hate Facebook invites. I get so many of them. As a result, when I receive one via Facebook, I ignore it. Invites should always be personalised. For something fun, I use email, phone or text. A hard copy just feels like a work event.

Less food, more drink Any party post-8pm doesn't need food. Drink-wise, I'm pretty selfish, so I just make sure I have everything that I like to hand: that means vodka, lime and soda! Use spirits and wine as a starting point, then ask guests to bring their own.

Don't enforce a dress code I get frustrated with dress codes and feel you should be responsible for your own sartorial choices. Don't impose one unless your event is strictly themed.

Cheesy soundtracks are a must Being pretentious music-wise around Christmas is a massive no-no. You basically just need a soundtrack that everyone knows and can sing along to. Mariah Carey's *All I Want For Christmas* should be played all year round.



ICE, NICE, BABY
Head down to the frozen wonderland that is Icebar London in Mayfair for cocktails, where even the glasses are made out of frozen water. Be sure to wrap up warm – it's a chilly -5°C inside.



CHRISTMAS AT FORTNUMS: THE STATS

192
The number of hours that went into creating the display

4
The number of ideas that were considered

15
The total number of people involved in the creative process

32,000
The number of Christmas lights used in the display

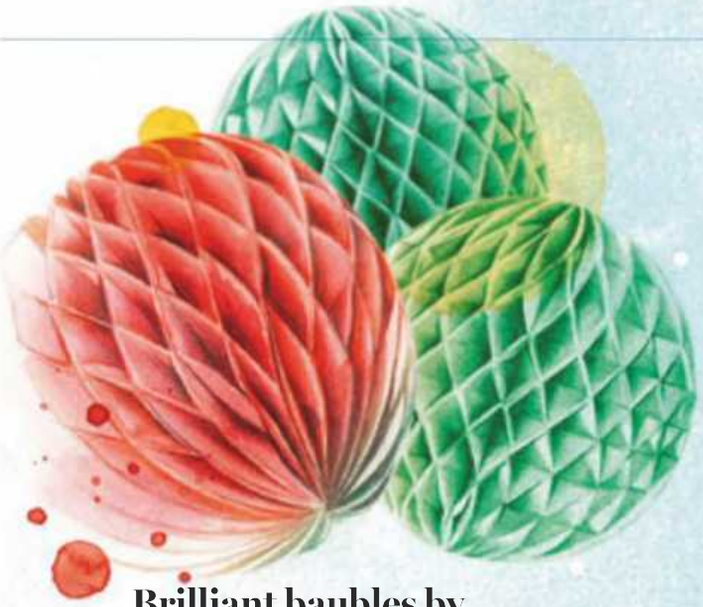
62
The number of Christmas trees included

15,000
The number of baubles in the windows

21
Number of windows displayed

300
The number of artificial life-sized birds

38
The number of wreaths decorating the staircases ▶



Brilliant baubles by Drink, Shop & Do

What you need

Coloured thick paper (can be all in one colour or use two or three to make a pattern)
Glue dots
Stapler
Narrow ribbon
Scissors
Pencil
Something circular to draw around (like a 5cm or 6cm glass)

Method

1. Trace around the glass and cut out 12 circles.
2. Fold each circle in half and stack them inside each other like a book. If you are using double-sided paper have the same pattern faced together. If using two or three colours, stack two of each kind together.
3. Punch two staples to the fold line.
4. Attach the hanging ribbon so it follows the fold line and comes out at the top.
5. Have your fold line in front of you running 12 o'clock to 6 o'clock. Stick a glue dot at 4 o'clock. Fold the circle in half like you are turning the page of a book.
6. Stick the next glue dot at 2 o'clock and fold the next 'page'.
7. Continue to alternate the dots and turn the pages. Until you glue the last one to the first. You will have a beautiful 3D honeycomb bauble.

drinkshopdo.com



A festive roast to warm the cockles

Can't be doing with peeling enough potatoes to feed the 5,000? Head out to enjoy someone else's efforts...

The lavish one

Going out over the holidays and in dire need of a treat? Berners Tavern at the Edition hotel in London's Fitzrovia (above) is *the* place to head to. With one of the most beautiful interiors in the capital and a menu to match, there won't be a chewy bit of turkey in sight.

The one for your mates

Beef & Pudding in Manchester has cool decor, a city-centre location and not-too pricey menu, making it one of the best spots in town when it comes to a wine-filled catch-up with your friends.

The family-friendly one

Chapters of Blackheath in south London is suitable for children and texting teens alike. Expect this brasserie to serve up superior classic dishes and some great vegetarian alternatives. Butternut squash ravioli, anyone?



RELAX AND RESET

Tired out from all the festive prep? Champneys is offering a three-night stay from Christmas Eve, including everything from Christmas Day dinner and spa treatments to a midnight-mass invite. From £699, Champneys.com



The devil is in the appetiser

Tease your guests' tastebuds with this devils on horseback recipe from the Duck & Waffle, London

Ingredients

6 medjool dates
3 streaky bacon slices, 1/2 cm thick
3 tbsp lingüiça filling made with 470g lingüiça sausage, 40g cream cheese and 40g manchego, finely grated

Method

Open each date and remove the stone. Flatten the date, pressing slightly. Shape the lingüiça into a golf-ball size and put it into each date. The date won't be big enough, but don't worry. Wrap the whole thing with the bacon. Hold together with a cocktail stick and bake at 160°C for 15 minutes.

'Tis the season to give something back. Here's how to do your bit...

Help the homeless by volunteering at Crisis centres in London, Newcastle and Edinburgh. They offer support and activities from 22 to 30 December. *Crisis.org.uk*

Pack a shoebox with gifts for a child in need with Samaritan's Purse and Operation Christmas Child. Drop boxes at local points from 1 to 18 November. *Samaritans-purse.org.uk*

Join a Santa Dash and run for a charity of your choice in events countrywide. *Santadash.co.uk*

The souped-up snowball

The Whip in London's Mayfair has just jazzed up our festive favourite...

Ingredients

50ml carrot and walnut-infused brandy
50ml The Whip Advocaat Mix (see below)
cinnamon and icing sugar

Mix it up

1. Grate two whole carrots, one handful of crushed walnuts, and add to a bottle of brandy. Leave to infuse for one week.
2. Create the Advocaat Mix by infusing slowly heated vanilla custard with lemon peel. Leave to sit for at least three hours.
3. Pour the Advocaat and the brandy over crushed ice. Garnish with a carrot snowman nose, walnuts, and dust with cinnamon and icing sugar.



COUNT DOWN IN STYLE



Gisela Graham's Christmas House Advent Calendar comes with a drawer for each day for a treat of your choice. £47.95

Nail festive chic with the ***Ciate Mini-Mani Calendar***. It comes with 23 different nail colours and a nail file. £49



East Of India Village Advent Calendar has 24 hand-painted miniature houses to fill with individual gifts, as simple or as decadent as you'd like. £64.95

The Advent Calendar – Truffles For Two from Hotel Chocolat is perfect for sharing. It has 48 chocolates inside with flavours including mulled wine and pecan gingerbread. We want. £26 ▶







It's a (bubble) wrap

Maud Fierobe, co-owner of French Bubbles, shares her definitive guide to buying champagne

Go vintage

A vintage champagne is made with grapes from one year's harvest, which are matured for at least three years to allow the depth and flavour to come through, making for a tastier tipple.

Check the temperature

Champagne is delicate! Too cold and you kill the taste. For vintage, it shouldn't be less than 8°C. Non-vintage can be a little bit colder – between 6°C and 8°C – because it has younger, fresher flavours.

Go grower

Unlike the big champagne powerhouses, grower champagne – or 'farmer fizz' as it's affectionately known – is made by small, independent artisan producers in their own vineyards, resulting in a pure taste and quality.

Ditch that spoon

It's a myth that it keeps the bubbles. The best way to savour the sparkles is to finish the bottle or invest in a good champagne stopper. However, this will only keep for another 24 hours at best.

Cocktail-making

Always use a good-quality champagne. A poor sparkling wine can be killed by strong alcohols or juices, such as lemon juice, which tends to flatten the bubbles.

frenchbubbles.co.uk

Be kind, unwind

One of the best things about Christmas? The television. Curl up with our pick of the best on the box



Dickensian transports Charles Dickens' most iconic characters, including ***Scrooge, Fagin and Miss Havisham*** into a 19th-century London neighbourhood. *December, BBC1*



It wouldn't be Christmas without the ***Doctor Who Christmas Special***. This year, time-traveller River Song [Alex Kingston] is making an eagerly awaited comeback. *Christmas Day, BBC1*

Nigella Lawson's new pared-back cookery show ***Simply Nigella*** will feature a one-hour Christmas special. *December, BBC2*



The ***Gogglebox Christmas Special*** comes with a genius comedy twist. It will feature children aged up to 13 giving their take on the big events of 2015. *December, Channel 4*

Written by Sofia Coppola and Bill Murray, Netflix film ***A Very Murray Christmas*** stars Murray as himself. With cameos from George Clooney, Amy Poehler, Michael Cera and Miley Cyrus, it's sure to be a festive fave. *Out on 4 December*



DOWN AND OUT

With *Downton Abbey* coming to an end this Christmas it seems the cast is as sad to say goodbye as we are. Michelle Dockery, who plays Lady Mary Crawley, says, 'It's been our home for six years. It's funny because at the end of a long day you can't wait to leave, but at the end of filming we didn't want to go. I walked around the castle for the last time and sat on Matthew's bench and had a little cry. It's bittersweet really.'

PHOTOGRAPHS BY STEFFAN HILL, DAVID GERRANS/ DIXEYCO.COM, ALAMY. ILLUSTRATIONS BY NATALIA SANABRIA



GET YOUR FESTI-FIX

With food... Sip on glühwein and pick out your festive fromage at Taste of London Winter, which returns to the capital from 19-22 November. Head to beautiful Tobacco Dock to sample fare via some of the city's top restaurants from Tom's Kitchen to Tredwell's for some serious Christmas feasting inspiration.

With house music in the snow... Save up your holiday days and head to Rise Festival in Les Deux Alpes from 12–19 December to ski to your heart's content and check out some of the world's hottest DJs as you après party.



Russell Kane's office party prescription

It's as big a part of the holidays as stockings and sherry. Here, the British funnyman tells us how to get through the work do with your dignity in tact

Don't lay into your office enemies Whatever you do, resist the fake confidence brought on by prosecco. Do not gift your boss with a rant because you *will* have to face her come January and it *will* be awkward.

Single girls – go for it Do you want to die alone being eaten by your cats? No. If you like someone, and he likes you, now's your time. You're drunk. It's Christmas. Give yourself the Gift Of Office Fittie. Just stop at snogging. (See last tip).

Know your limits At the first twinge of booze-induced nausea, seek the discretion of the disabled loos. Just don't choose the ladies. Do *not* let anyone observe your shame.

Resist giving a team speech For Christ's sake, don't gather the troops for a pissed-up inspirational speech. You'll chat sentimental rubbish and people will whisper about you under their breaths.

Stop at snogging This is not about being prudish. This is about men's inability not to broadcast. Going any further than a passionate snog under the mistletoe could well see you become the staple of office banter until February. Resist, until you're safely in a taxi (joke!).



Late-night survival guide

James Duigan, Bodyism founder and all round health guru, on how to prepare for (and recover from) those hideous Christmas hangovers

Before 'The night before, have an Epsom salts bath to help with water retention – the cooler the water, the tighter your skin will look. Then, on the day, have some natural yogurt, nuts and oats, this coats your tummy and will stop the alcohol having a dramatic effect on your health.'

During 'Be kind to your body. Enjoy yourself but keep in mind it's not a drinking competition – getting overly drunk is *never* good for your body, or your reputation. And always make sure you have one glass of water for every alcoholic drink.'

After 'Have a nutritious breakfast, such as porridge and some nuts, seed and berries. Or if you're feeling really worthy, sauté some spinach with garlic and cook some scrambled eggs with turmeric. Also, go for a long walk. It will guarantee to shake the cobwebs off and it's not too dramatic.' ■

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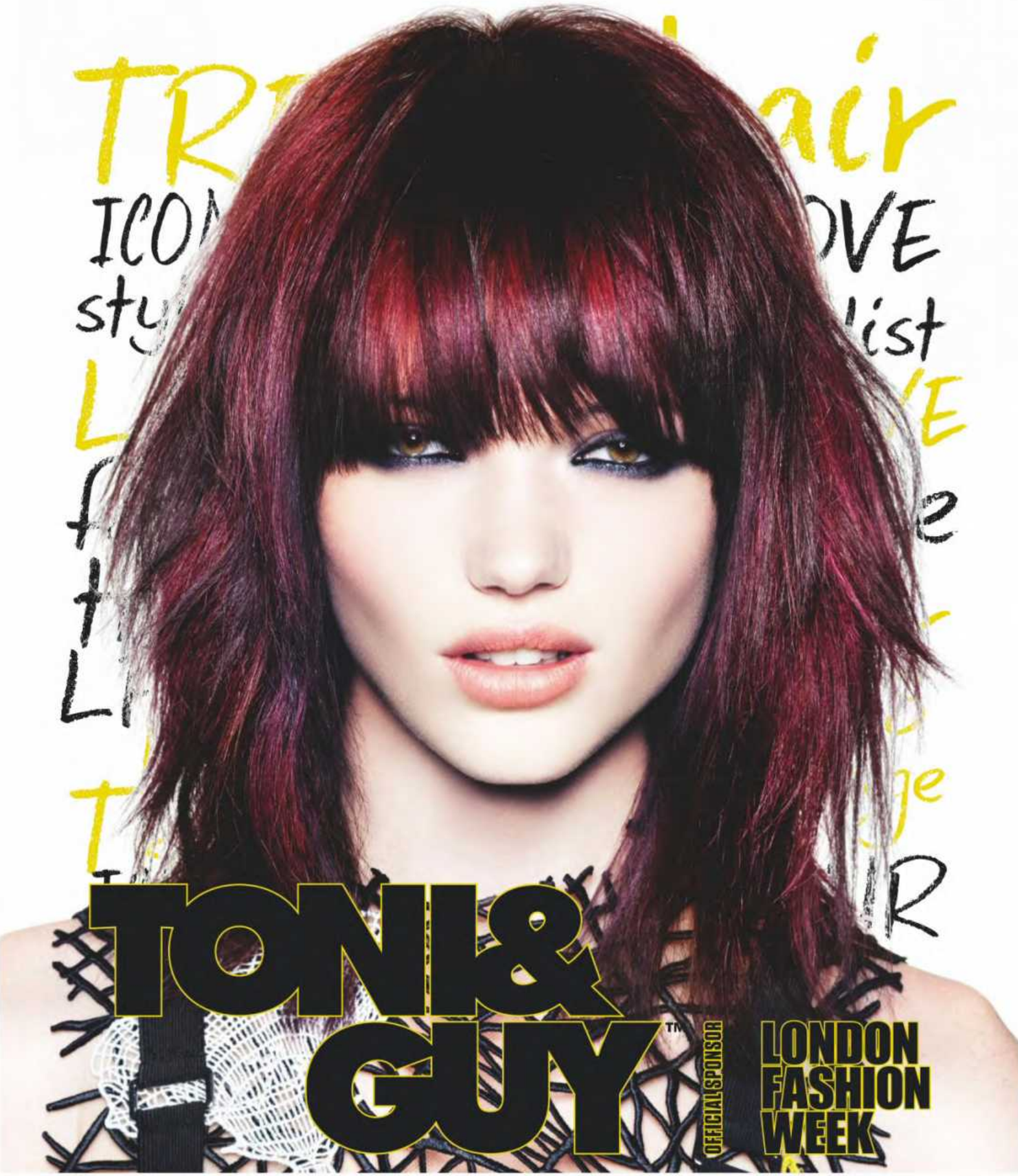


CHRISTMAS GIFT GUIDE

Finding the perfect present just got stress-free. From luxury beauty buys to fabulous foodie treats, we've got *everyone* on your list covered. You might even find a little something for yourself...

Compiled by **HOLLY WELCH** *Photograph by* **SARA MORRIS**
Artwork by **CHRISTINE LEECH**

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BEAUTY JUNKIES

The chicest treats for picky pamper queens

1. Carita Loves Courrèges Fluide De Beauté Couture Edition, **£45.50**, Carita Paris **2.** Rouge Coco Shine Lipstick in Téméraire, **£25**, Chanel **3.** Moroccan Rose Gold Dry Oil, **£26**, REN **4.** The Nail Lacquer in Glow Light, **£20**, Dolce & Gabbana **5.** Météorites Flocons Enchantés Limited Edition, **£50**, Guerlain **6.** Nail Polish in Festive Gold, **£15**, Burberry **7.** Iris Extract Activating Treatment Essence, **£36**, Kiehl's **8.** Limited Edition Pomegranate Noir Cologne, **£89** for 100ml, Jo Malone London **9.** Sunday Cologne Soap, **£17**, Byredo **10.** Renewed Hope In A Jar Overnight Refining & Recharging Moisturiser, **£38.50**, Philosophy **11.** Diorific State Of Gold Compact Powder in Sumptuous Pink, **£50**, Dior **12.** 'Sapin' Candle, **£48**, Diptyque

LITTLE EXTRAS

1. Charlotte Tilbury Pencil Sharpener, **£5**, Net-a-porter.com **2.** Light Toning Water, from **£1.95**, Muji **3.** 101 Ointment Apple Balm, **£7.99**, Lanolips **4.** Sleep Plus+ Pillow Spray, **£10** (part of a set), This Works **5.** Fig Bath Bauble, **£5**, The White Company


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TRENDSETTERS

Fashion-forward finds for the super stylish

1. Dress, **£75**, Finery London
2. Shoes, **£150**, Rogues **3.** Necklace, **£74**, Swarovski **4.** Earrings, **£42**, Promise at Irisfashion.co.uk
5. Bag, **£700**, Sara Battaglia at Matchesfashion.com **6.** Jumpsuit, **£279**, MSGM at Liberty **7.** Pyjamas, **£350**, Olivia Von Halle **8.** Bra, **£36**, Triumph **9.** *Alexander McQueen* by Claire Wilcox, **£58** (V&A Publishing), Yoox.com **10.** 'Lion' candle, **£39**, Bella Freud at Veryexclusive.co.uk
11. Sandals, **£62**, Office **12.** Coat, **£635**, Shrimps

LITTLE EXTRAS



1. Belt, **£10** (pack of two), Next **2.** Ring, **£5**, Dorothy Perkins **3.** Magnets, **£10**, Busyandtheboy.com
4. Keyring, **£7**, Topshop
5. Chocolarder Wild Gorse Flower Chocolate, **£3.95**, Edenproject.com

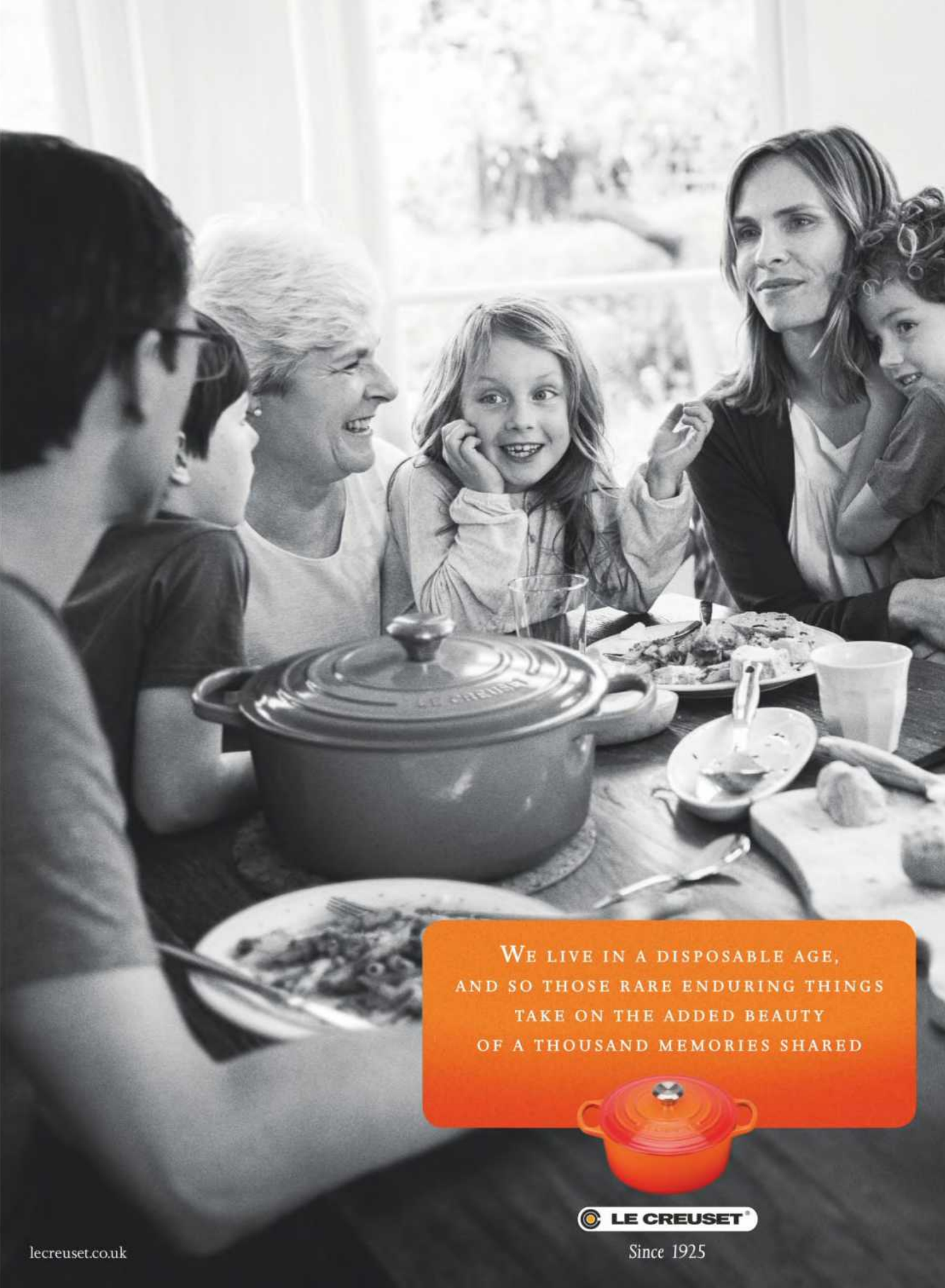
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Don't sweat it: these luxe sports gifts are perfect for fitness fans

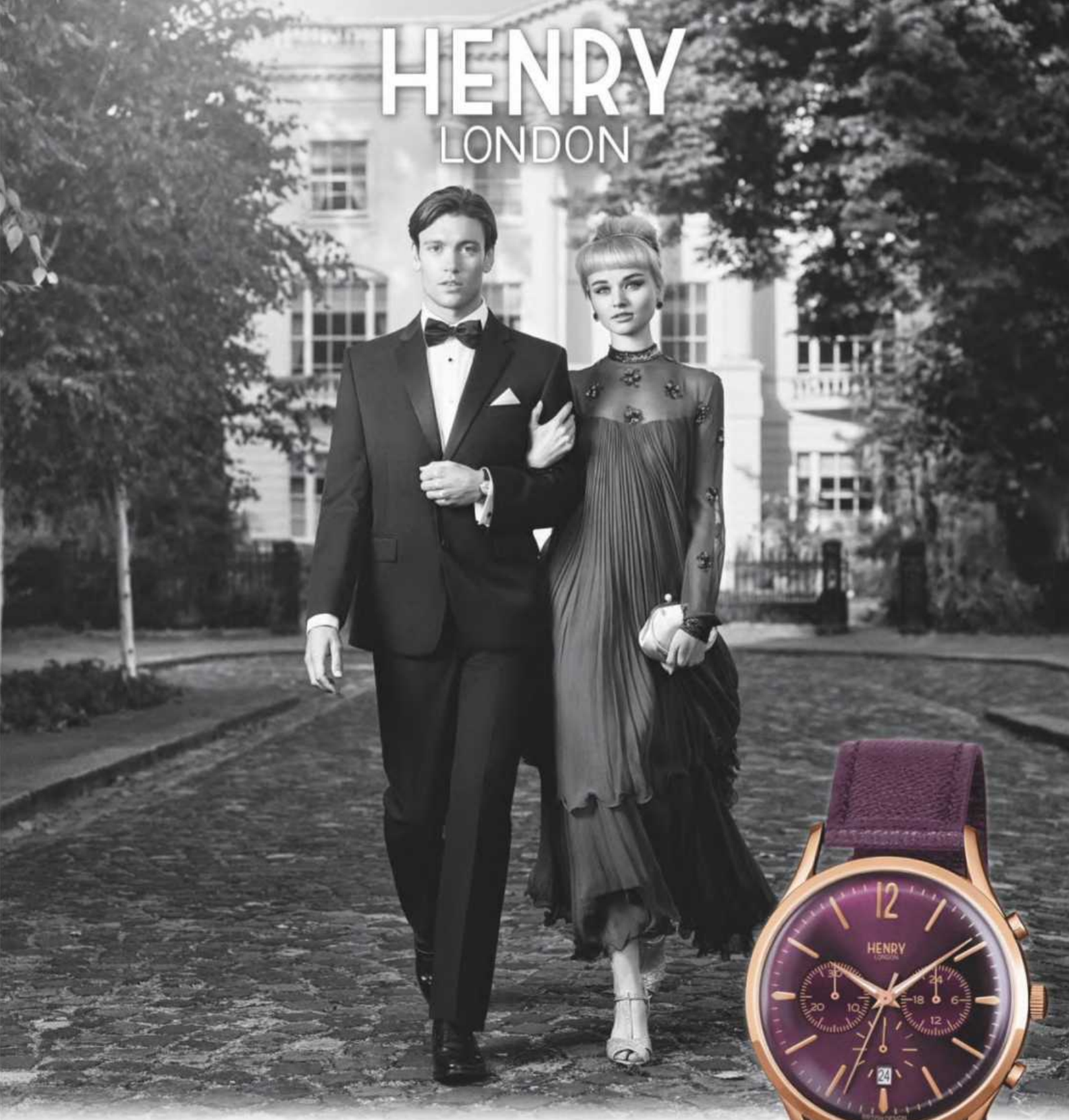
1. Mrs White's Good Sport Bath Elixir, **£25**, Roullierwhite.com **2.** Trainers, **£295**, Sophia Webster **3.** Juice Cleanse package, from **£81**, Plenish **4.** Top, **£90**, Adidas by Stella McCartney **5.** Snow gloves, **£80**, Markus Lupfer **6.** Surfboard, **£159**, Surfdome **7.** Posture vest, **£35**, Corpore **8.** Backpack, **£240**, Hunter **9.** Bike, **£1,195**, Ted Baker **10.** Sledge, **£95**, Toast **11.** Tennis racket, **£635**, Chanel **12.** Tennis balls, **£235** (pack of four), Chanel **13.** Cashmere tracksuit bottoms, **£199**, Pure Collection

LITTLE EXTRAS

1. Sweatband, **£2.99**, American Apparel **2.** Yo-yo, **£5**, Jack Wills **3.** Padlock, **£3.99**, H&M **4.** Yoga socks, **£7.99**, Gaiam at John Lewis **5.** Bobble water bottle, **£9.95**, Harvey Nichols


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WORLD WANDERERS

Cool and quirky picks for the jet set

1. Kaftan, **£440**, Adriana Degreas at Net-a-porter.com **2.** T-shirt, **£70**, Wildfox **3.** Espadrilles, **£130** (includes monogramming), Heidi Klein **4.** Zebra wall vase, **£27.99**, Oakroomshop.co.uk **5.** *Ultimate Travelist*, **£17.99** (Lonely Planet Publications), Lonelyplanet.com **6.** Travel wallet, **£129**, Aspinal of London **7.** Bikini top, **£60**, and bottoms, **£60**, both Violet Lake **8.** Towel, **£35**, Hammamas **9.** 'Saving For An Adventure' money tin, **£5.99**, Oakroomshop.co.uk **10.** Travel journal, **£150**, Smythson **11.** Bag, **£525**, Marc By Marc Jacobs at Stylebop.com **12.** Storage basket, **£35**, Olli Ella **13.** Vanity case, **£325**, Anya Hindmarch

LITTLE EXTRAS

1. Mrs White's Legs In The Air Lotion, **£10**, Roullierwhite.com **2.** Gingerella ginger beer, **£1.59**, Waitrose **3.** Dr Jackson's Coconut Melt, **£10**, Liberty **4.** 'Holly' decoration, **£4**, Oliver Bonas **5.** Luggage tag, **£9**, Kate Spade at Amara.com

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HOME GIRLS

Stylish interior details for those who appreciate a night in

1. Fruit bowl, **£85**, Claudia Raimondo for Alessi at Royal Academy of Arts **2.** Cashmere blanket, **£550**, Johnstons of Elgin **3.** Terrarium, **£25**, Sass & Belle **4.** Vase, **£140**, Georg Jensen **5.** Clock, **£35**, Laura Ashley **6.** Light pendant, **£34.90**, Plumen **7.** Telephone, **£64.95**, Wild & Wolf **8.** Candle holder, **£34**, Oliver Bonas **9.** Cushion, **£48**, Jessica Russell Flint **10.** Sweet Pomegranate & Acai coconut wax candle, **£40**, Coco Lux Australia **11.** 'Fly' plate, **£25**, Rory Dobner **12.** Mirror, **£169**, Mazzarohome.com

LITTLE EXTRAS

1. Lights, **£9.50**, Talking Tables **2.** Tumbler, **£3.50**, Oliver Bonas **3.** Sparklers, **£4.80**, Talking Tables **4.** Festive Christmas Pudding Fudge, **£3.99**, Dobbies **5.** Paper decoration, from **£4**, Pop Pop Papier


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PEN PALS

Designer desk must-haves for stationery addicts



1



2



3



4



5



6



7



8

LITTLE EXTRAS

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5



11



12

1. Garland, **£4.50**, Pop Pop Papier **2.** Highlighter pen, **£4.95**, The Pod Company **3.** Paper clips, **£6**, Notonthe highstreet.com **4.** Pencil, **£3.50**, Natural History Museum **5.** Neon pencils, **£4**, Habitat

1. Stapler, **£55**, Tom Dixon at Selfridges **2.** Origami notepaper set, **£9.50**, Lollipop Designs **3.** Paperweight, **£15.99**, Pasinga Photography & Design **4.** 'Party' stamp and ink, **£12**, Lollipop Designs **5.** Pen, **£45**, Faber-Castell **6.** Christmas card, **£2.35**, J. Faulkner at Archivist Press **7.** Notepad, **£5.50**, Nancy & Betty Studio **8.** Brass pencil sharpener, **£125**, Jonathan Adler **9.** 'Open Me' sticky tape, **£6.95**, Marby and Elm **10.** 'Super Star' sticker, **£45**, Anya Hindmarch **11.** Leather notebook, **£25**, Emgie Libris at Suitehazen.com **12.** Notecard set, **£19**, Quill London

MAN ABOUT TOWN

The hottest guy-buys for the men we love

1. Bulb decoration, **£4.50**, Plümo
2. Sweater, **£295**, House of Holland
3. Bag, **£230**, Nudie Jeans Co
4. 'Eau Rouge Spa' poster, **£15**, T-Lab **5.** Scarf, **£335**; **£385** (with monogramming), Burberry
6. Jacket, **£35**, River Island
7. Tie, **£35**, Lad Yorkshire at Madeintheseisles.co.uk **8.** Cufflinks, **£85**, Alice Made This **9.** *Woody Allen Film By Film* by Jason Solomons, **£25** (Carlton Publishing Group), Carltonbooks.co.uk
10. Dog Bingo, **£19.95**, Habitat
11. Bourbon Handmade Whisky, **£26**, Maker's Mark

LITTLE EXTRAS

1. Binoculars, **£5**, Imperial War Museum **2.** Socks, **£8** (pack of five), Sockshop.co.uk **3.** Arko Shaving Soap Stick, **£4**, Roullierwhite.com **4.** Gloves, **£8**, Burton **5.** Collar stiffeners, **£9.95**, Wild & Wolf



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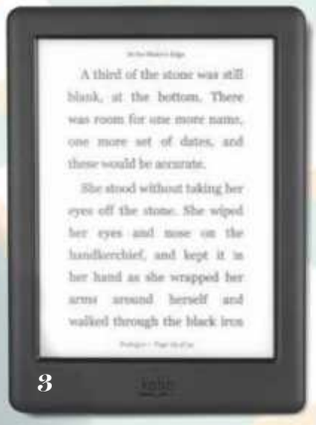
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LITTLE EXTRAS



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12

1. Voucher, **£10**, Spotify
2. Mini speaker, from **£2.99**, Marks & Spencer
3. Mini speaker, from **£2.99**, Amazon.co.uk
4. Selfie stick, **£9.99**, Joy
5. Decoration **£1.99**, Habitat
6. iPhone case, **£10**, ASOS

1. MacBook, **£1,049**, Apple
2. Smartwatch, **£275**, Guess **3.** 'Glo' eReader, **£109.99**, Kobo.co.uk
4. 'Socialmatic' camera, **£249.99**, Polaroid **5.** Bluetooth speaker, **£399**, Bang & Olufsen **6.** Samsung Galaxy S6 Edge Plus, from **£400**, Samsung
7. 'Christie' DAB radio, **£99.99**, Myvq.co.uk **8.** Canon Bluetooth printer, **£139**, John Lewis **9.** Amazon Fire TV Stick, **£35**, Amazon.co.uk
10. Headphones, **£320**, Master & Dynamic **11.** Record player, **£100**, Crosley at Urban Outfitters **12.** Extreme Fliers Micro Drone with camera, **£70**, Urban Outfitters

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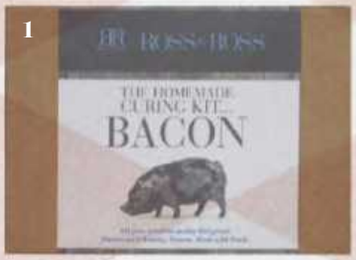
Creative and stylish ideas for the little ones in your life

D STREET

1. 'Design Your Own Superhero Mask' set, **£18**, Habitat **2.** Boots, **£169**, Pretty Ballerina **3.** Hat, **£24.99**, Lala & Bea London **4.** Blanket, **£35**, Lala & Bea London **5.** 'Marvin The Monkey' cuddly toy, **£13.95**, Sass & Belle **6.** Skateboard, **£50**, D Street **7.** Lion print, **£30**, Molly & The Wolf **8.** Watch, **£59.95**, Ice **9.** Pyjamas, **£28.50**, Powell Craft Boutique **10.** Skirt, **£43**, Noé & Zoë at Busyandtheboy.com **11.** Sweater, **£12**, Next **12.** Booties, **£8.99**, Dotty Fish

LITTLE EXTRAS

1. Tree decoration, **£5**, Habitat **2.** Skipping rope, **£8**, Royal Academy of Arts **3.** 'World's Smallest' voice changer, **£8.50**, Science Museum London **4.** Merry Berry chocolate alternative, **£1.95**, Super Treats **5.** *The Great Christmas Pudding Rescue* by Claire Freedman and Samara Hardy, **£5**, Tesco



















LITTLE EXTRAS















1. Measuring spoons, **£10**, Next **2.** Ale, **£2.79**, Wiper And True **3.** A L'Olivier Truffe Noire mustard, **£9.95**, Harvey Nichols **4.** Honey & Clementine biscuits, **£6.99**, Harrords **5.** To The Point Espresso, from **£7.25**, Grey Seal Coffee

FOOD LOVERS

Serious eats and must-try treats for foodies. Bon appétit!

1. The Homemade Curing Kit... Bacon, **£20**, Ross & Ross **2.** Kitchen timer, **£10**, Marks & Spencer **3.** Olio di Rosso olive oil, **£19**, Diesel Farm **4.** Linen stocking, about **£54.99**, Coral & Tusk at Liberty **5.** Chilli jam, **£3.57**, South Devon Chilli Farm **6.** 'Moules' cooking and serving pot, **£19.99**, Lakeland **7.** Jug, **£16**, Imperial War Museum **8.** Napkins, **£60**, Tori Murphy **9.** Sage by Heston Blumenthal Barista Express coffee machine, **£549.99**, Whittard **10.** 'The Pineapple' decoration, **£45**, Plümo **11.** 'Brussel Sprout' luxury Christmas crackers, **£35** (pack of six), Nancy & Betty Studio

MOST WANTED

If leaving Christmas in their hands will only end in tears, point them to the thing you're really lusting after – ghd's gorgeous Arctic Gold range

THE ART OF HINTING CAN BE tricky to master, sometimes you get what you want and sometimes you just don't. This year, avoid all the disappointment that comes with finding a set of socks under the tree by writing a Christmas list and sharing it with your nearest and dearest right now. The only tough decision to be made is which of the limited-edition Arctic Gold gift sets you should choose. Asking for all of them would be too greedy, even at this time of year. So will it be the ghd curve® Soft Curl Tong & Roll Bag set, which will ensure you get volume and tumbling soft waves on the big day, or the ghd Dry & Style gift set, which includes the ghd air® Professional Hairdryer, ghd V Gold Classic Styler and Heat Mat? This is the one you want to create the ultimate party look. Or how about the ghd platinum® Styler gift set? The ghd platinum® uses patented tri-zone® technology to deliver constant, safer-for-hair heat to straighten, curl and style in just one stroke. Whatever you choose, it's going to be a beautiful Christmas.



All the Arctic Gold gift sets are available from the best salons, premium retail stores and ghdhair.com. Prices start at £99. #hintghd

ghd
good hair day, every day



Kimono, **£20**, and leggings, **£16**, both Tu. Top, stylist's own

GOTHIC ROMANCE

Inspired by sleeping beauties and heroic knights, the Midnight collection from Tu at Sainsbury's mixes rich hues, whimsical motifs and ornate details to dramatic effect

Dress, **£18**, tights, **£5 for pack of three**, and shoes, **£20**, all Tu



THE LOOK

'Strong yet feminine, the clothes tap into the medieval trend seen on all the runways this season. They give casual dressing a hint of splendour.'
Lucia Debieux, *Marie Claire*'s *fashion editor*

The Tu winter collection is available from 17 November online and in selected stores. Subject to availability. Search Tu clothing.

Tu only at Sainsbury's
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PHOTOGRAPH BY DAVID ROEMER. STYLED BY JAYNE PICKERING. COAT AND EARRINGS, ALL PRADA

Go forth and dazzle

Sequins, feathers and a penchant for partying: this season's resort collections were *made* for the dance floor. Hit the Donna Summer playlist…

Photographs by **DAVID ROEMER** ***Styled by*** **JAYNE PICKERING**





This page: cotton top, from **£365**, and sequinned silk skirt, from **£3,340**, both Givenchy by Riccardo Tisci

Previous page: sequinned silk organza dress, **£27,194**, and metal and resin bracelet, **£1,422**, both Chanel; shearling stole, **£830**, Fendi at Matchesfashion.com; Swarovski crystal and silver-plated earrings, **£315**, VickiSarge; rings on model's right hand (from top): 16ct gold-plated crystal, **£75**, Joomi Lim; 9ct-gold, topaz and peridot, **£1,250**, Delfina Delettrez; rings on model's left hand (from top): 9ct-gold, peridot, citrine and amythyst, **£675**, and 9ct-gold, topaz and peridot, **£1,250**, both Delfina Delettrez



Sequinned silk dress, **£2,860**, silk blouse (worn underneath), **£1,125**, and suede belt, **£455**, all Lanvin; crystal earrings, **£224.50**, Konplott; rings (model's right hand, from top): 18ct gold, white diamond, green tourmaline and enamel, **£2,765,** 18ct gold, white diamond and garnet **£2,260**, (model's left hand, from top) 18ct gold, white diamond and pink topaz, **£2,620,** and 18ct gold, white diamond, pink tourmaline and blue enamel, **£1,900**, all Sabine G



Wool, viscose and sequin dress, **£1,920**, and leather belt, **£475**, both Sonia Rykiel; 18ct blackened white-gold and precious stone earrings, **£32,000**, 18ct blackened white-gold and precious stone ring (on model's left hand), **£7,000**, and 18ct blackened white-gold and precious stone ring (just seen, on model's right hand), **£18,000**, all Solange



Teal faux-fur coat, **£199**, Hobbs; pink cotton jacket (worn underneath), **£1,710**, pink cotton top, **£800**, pink cotton trousers, **£890**, and green leather and glitter shoes, **£540**, all Marni; gold-plated brass and crystal earrings, **£450**, Marni at Net-a-porter.com; black rhodium-washed sterling silver and white topaz necklace, **£4,700**, Larkspur & Hawk; rings (on model's right hand, from left): 9ct-gold, topaz and peridot, **£703**, and 9ct-gold and pink sapphire, **£2,406**, both Delfina Delettrez; 16ct gold-plated crystal, **£75**, Joomi Lim; (on model's left hand, from top) 18ct rose-gold and white quartz, **£2,050**, and 18ct rose-gold, amethyst and grey pearl, **£2,050**, both Larkspur & Hawk



Black and white kidassia goat hair coat, **£5,318**, Philipp Plein; black and white silk tulle, taffeta and sequin dress, about **£7,065**, Marc Jacobs; crystal, silk lace and metal necklace, **£259**, Konplott



Cotton coat, **£6,000**, leather sandals, **£990**, steel and feather earrings, **£720**, and steel and feather necklace, £475, all Valentino; Mongolian lamb fur stole (worn over shoulder), **£1,100**, MSGM; mongolian lamb fur stole (in hand), **£390**, House of Holland



Silk satin brocade jacket, waistcoat and shorts, all from a selection, Dolce & Gabbana; Swarovski crystal bead and pearl earrings, **£275**, VickiSarge; Swarovski pearl and crystal necklace, **£650**, Shourouk; Swarovski crystal and ruthenium ring, **£245**, Atelier Swarovski by Philippe Ferrandis



Silk dress, **£1,710**, and shearling coat (in hand), **£5,800**, both Fendi; polyester top (worn underneath), **£195**, Antipodium; leather and bead shoes, **£1,762**, Rochas; rings (from left) 18ct gold, white diamond and amethyst, **£1,400**, 18ct gold, white diamond and citrine, **£2,600**, 18ct gold, white diamond and citrine, **£2,200**, all Annoushka



Mongolian lamb fur coat, **£1,500**, House of Holland; silk-mix dress, **£1,680**, Erdem; leather and bead shoes, **£1,762**, Rochas; Swarovski crystal and glass bead earrings, **£200**, Shourouk; rings (from left): 18ct gold, white diamond and amethyst **£1,400**, and 18ct gold, white diamond and citrine, **£2,200**, both Annoushka



Red faux fur coat, **£2,400**, Felder Felder; black, red, yellow and blue radzimir silk dress, **£2,350**, and jacket, **£1,500**, Marco De Vincenzo; black and purple crystal and metal earrings, **£249**, Swarovski; on model's right hand: 18ct blackened white-gold and multi-coloured stone rings, **£5,400** (middle finger), and **£7,000** (index finger), both Solange; on model's left hand: blue 18ct-gold, diamond and labradorite ring, **£2,600**, Annoushka

Hair by Rolando Beauchamp at The Wall Group using Bumble and Bumble. Make-up by Vincent Oquendo at The Wall Group using Chanel. Model: Nikola at New York Models. Nails by Liang at Atelier Management using Chanel Christmas 2015 and Body Excellence Hand Cream. The team stayed at The Jade Hotel, New York City. For reservations, call 001 212 375 1300 or visit thejadenyc.com. Room rates start from about £260 per night





MIXED HERITAGE

TEAM TWEED WITH LEATHER, STUDS AND PERSPEX FOR A ROCK 'N' ROLL TAKE ON TRADITIONAL

Photographs by BEAU GREALY
Styled by ALISON EDMOND



Previous page, Erika wears: wool-tweed jacket, **£1,100**, and wool-tweed skirt, **£415**, both Sacai; 18ct white-gold and diamond bracelet, about **£3,398**, Jacob & Co; 18ct black-and-white-gold and diamond ring (right hand), about **£7,159**, AS29; 18ct white-gold ring (left hand), **£1,031**, and diamond ring (left hand), **£1,893**, both Kavant & Sharart; leather bag, about **£1,607**, Saint Laurent by Hedi Slimane. Austin wears: wool jacket, **£1,310**, wool trousers, **£430**, and wool scarf, **£230**, all Sacai; cotton top, about **£44**, Toggery; sterling silver necklace, **£2,430**, Chrome Hearts

This page: cotton shirt, **£750**, wool-tweed skirt, **£1,250**, leather and perspex boots, **£1,300**, and metal palladium and lacquer necklace, **£1,250**, all Dior; 18ct white-gold and diamond ring, **£11,300**, Yeprem



Wool-tweed and silk-tulle dress, **£1,500**, and pearl necklace, **£395**, both Simone Rocha; leather boots, **£1,150**, Roger Vivier; metal chain necklace, about **£1,279**, David Yurman; silver wallet chain (worn as necklace), **£3,425**, Chrome Hearts; 18ct white-gold, pearl and diamond ring, **£2,940**, Jacob & Co



Erika wears: wool-tweed jacket, about **£1,639**, leather skirt, about **£2,262**, cotton scarf, about **£295**, and suede belt, about **£257**, all Haider Ackermann; cotton top, about **£16**, Double Zero; metal rings, about **£1,800** each, David Yurman. Austin wears: wool suit, **£1,690**, Valentino; cotton top, about **£96**, Haider Ackermann; sterling silver pendant, **£385**, sterling silver chain, **£555**, sterling silver bracelets, from about **£1,240**, and sterling silver star ring, **£285**, all Chrome Hearts; sterling silver and pavé black diamond ring, about **£1,200**, David Yurman



Wool top, **£2,445**, wool-tweed and silk-mix trousers, **£1,125**, diamanté and pearl earrings, **£445**, and leather gloves with brass pin, **£1,535**, all Balenciaga



This page: black-and-white wool coat, **£3,475**, and black cashmere-mix dress, **£660**, both Chloé; black and silver leather shoes, from a selection, Alexander Wang; brass bracelet (worn as earring), about **£260**, Saint Laurent by Hedi Slimane; silver wallet chain (worn as necklace), **£3,425**, Chrome Hearts

Opposite page: wool sweater, **£972**, lambskin top, **£1,591**, silk skirt, **£13,257**, sunglasses, **£540**, 18ct white-gold and diamond rings, from **£6,350**, and 18ct white-gold and diamond bracelet, **£11,300**, all Louis Vuitton; tights, about **£30**, Wolford

Hair by Maranda at The Wall Group. Make-up by Darlene Jacobs at Starworks Artists. Nails by April Foreman at The Wall Group. Models: Erika Linder at Next Model Management, Austin Kellogg at Two Management



JLO

American IDOL

Jennifer Lopez was shaking her booty before some of today's pop stars were even born, and yet, thanks to her formidable work ethic, this last year has been her busiest yet. No, never underestimate the power of J Lo. Even when she's in her PJs...

Photographs by JOE PUGLIESE
Words by YAEL KOHEN



It's the end of a long day, the sun is setting and Jennifer Lopez is coming down the hallway of her giant Manhattan apartment in oversized grey sweats from Victoria's Secret and a white T-shirt. She is also barefoot. The image is a little jarring at first because I'd expected – at the very least – heels (Louboutins, naturally), and also her laid-back casualness contrasts so sharply with her superstar image and the haute design of her cavernous living room. In there, she has three creamy white sofas and a chaise, with warm wood coffee tables and earthy-tone blue and purple throw pillows placed neatly about. Then there's the much more glitzy accents: crystal chandelier-like floor lamps and a fur throw. The room itself is the combination of zen and flash I'd always associated with her. Until I met this pyjama-clad version, anyway.

At first I think maybe she's trying to project the image that she's just like the rest of us (you know, 'Jenny From The Block'). But as we settle in on her balcony, surrounded by luscious greenery, I get the sense that Lopez really does just want to curl up in front of the TV, finish binge-watching *House Of Cards*, then fall asleep. 'This is probably the busiest year of my life, ever,' she says, and I believe her. Today, for instance, she's just come off a nine-hour shoot for her new US TV series, *Shades Of Blue*, which she is also executive producing. That's on top of her other duties, which include overseeing a £160 million clothing and perfume empire, spokes-modelling for cosmetics giant L'Oréal, gearing up to judge the final season of *American Idol* (for which she travels on weekends) and working on her music – tinkering mainly, but she says she might have a new release soon. Oh, and let's not forget her kids, seven-year-old twins Max and Emme, who she met at the playground this afternoon on her way home from work.

But the main project taking over her headspace these days is a new show at Planet Hollywood in Las Vegas, which premieres on 20 January and will run for 40 shows a year for the next two years. 'I've been preparing my whole life for this moment,' says Lopez. 'I've done a lot of awards shows and performances and private shows my whole career. But never have I been able to create the defining show for myself and for my music. So I'm super-excited about it.' Lopez is keeping mum on what exactly will make this show her biggest and her best, but she throws out words like water and fire, magic and illusion, as well as choreography concepts like a James Brown break, or maybe 80s freestyle. At the moment it's in a conceptual phase, so there is still a lot up in the air.

It all sounds like a lot of multitasking, yet Lopez seems to be in control. She is now 46 (although she looks at least a decade younger) and age, it turns out, has its benefits, even in the notoriously ageist industry of show business. 'I learned a lot from that time in my life when I did overstretch myself,' she says, referring to the early 2000s when she reportedly had a breakdown. 'I can handle it better because I go, "No, I'm not going to work on that day," or "No, I am going to take those three days off," or "No, you cannot schedule this there."And you realise the sky is not going to fall, even though everybody makes you feel like it's going to. I'm able to put up healthy boundaries and still schedule the things that I need to. Did I take on maybe too much this year and I won't do it next year? Yes.'

While Lopez might have better learned to use the word no, frankly, it's hard to imagine that she has any plans to slow down. Born and raised in the Bronx, Lopez has a history of keeping one foot simultaneously in multiple projects, always, it seems, with an eye on the next thing. It's probably the key to her success. By now it's practically lore; how a Bronx-bred Latina of Puerto Rican descent ascended from background Fly Girl dancer (on the short-lived comedy-variety show *In Living Color*) to worldwide megastar. First there were the acting roles – a star turn in *Selena* (1997) that led to a Golden Globe nomination, rave reviews for Steven Soderbergh's *Out Of Sight* (1998), eventual rom-com princess in *The Wedding Planner* (2001) and *Maid In Manhattan* (2002). Then, there was the way she sidestepped that acting career to make a very risky play for a pop-music one. In 1999, her debut single, *If You Had My Love*, peaked at number one on the charts and was a dance club insta-classic, and she followed that up with more hits like *Waiting For Tonight* and *Love Don't Cost A Thing*. Then, suddenly, she became a fashion icon, walking the red carpet in a green Versace gown that was so low cut it dropped down to her navel. The images of Lopez in that dress was such a popular internet search term that it inspired the guys at Google to create Google Image Search. (That dress even has its own Wikipedia page.)

Over the past decade, there also emerged Jennifer Lopez, shrewd businesswoman and brand: aside from the clothing and perfume labels and endorsement deals, she has her own production company (she is currently working on an 'edgy' cable comedy about mums, and a miniseries that covers the history of Latinos in California for NBC). Then there's her ▶

‘It doesn’t matter what race I am, how old I am, what gender I am. I have something to say and something left to do. I feel like I won’t ever stop’



This page: Bodysuit, Paper London; shoes, Christian Louboutin

27 million followers on Instagram, which she updates regularly, often showing off the sense of humour that's hard to capture right now with a stranger one on one. All of this helps her maintain a steady presence on the Forbes Celebrity 100 List (in 2012, in fact, she was number one).

This ascent wasn't as smooth as it now seems in retrospect. There were the rumours of diva behaviour, the tumultuous love life that made her a fixture in the tabloids, and the string of movie box-office flops – most infamously 2003's *Gigli* (rumoured to have ended her relationship with then fiancé Ben Affleck). Even this year, the low-budget *The Boy Next Door* may have been very profitable, but it wasn't critically acclaimed. And while she can still pull off a buzzy single (see last year's *Booty* with Iggy Azalea), her overall album sales have been on the wane.

It doesn't really matter, though, because Lopez is more than a success here or a failure there, she's a sum of all those parts; an icon who more than anyone else brought Latino culture into the mainstream. The fact is, Lopez is savvy and sharp, and she knows that if she wants to stay relevant, she needs to be the driver of her own work. 'If you let them, they'll make you only have a season. And it's like, "No, I'm here and I still have a lot more to say and a lot more to do." It doesn't matter what race I am, how old I am, what gender I am. I have something to say and I have something left to do,' she says determinedly. 'I feel like I won't ever stop.'

At about 8pm, while we are mid-conversation, Lopez's assistant arrives with a hot mug of coffee, not so casually served on a silver platter, a spoon presented horizontally across a purple cloth napkin, a little bud vase with a white flower on the side. Luxury and appearances still matter to Lopez, and not just because she likes her coffee served like she's in a hotel. One of the most amazing things about her in the flesh, is her skin. Wrong as it may seem, at various points throughout the interview I catch myself examining her face, looking for lines, and since I see none, I search instead for signs of filler. There are none. She has smoky eyeshadow on, but if she's wearing foundation, I can't tell. It is flawless. As are her perky breasts, without a bra line in sight. What I can't see is her ass – we are sitting – which is a shame since it's so iconic. And also, because butts seem to be so much in the news these days, from Kim Kardashian's efforts to 'break the internet' to Nicki Minaj's *Anaconda*. It's amazing how little has changed, that two decades after Lopez first showed off her curves during the era of heroin chic, that we're still so enamoured by a woman's backside, including her own (again, see last year's *Booty*). 'Women's bodies are one of the most beautiful creations on earth, if not the most beautiful, right? So it's never gonna get old,' she says. 'I think different moments have different ideas of what's beautiful and what's acceptable. When I was coming up I remember blonde, blue-eyed models like Cheryl Tiegs and Christie Brinkley. Then it became about red lips and fake boobs, and then after that it was a little bit more curvy and now it's like over the top,' she laughs. 'The bigger your butt is, the more attention you get. I don't even know why I'm considered in the group any more because I'm just, like, normal.'

I'm not sure I believe that she believes that. 'I was the original and there's only one Coca-Cola,' she is wont to say, and says now. Lopez knows where she stands, and she seemed to have been proclaiming it when she released *Booty* last year. In that video, Lopez is writhing and wet. The video cuts quickly and at any given moment she is slapping her ass, or shaking it, and sometimes, rubbing it provocatively up against the younger Azalea. 'I wanted it to be beautiful and sexy, not sexy and raunchy. Sometimes, when you're younger, you go for raunch, or shock value, but I don't need to do that,' she says. 'I did sexy things but I was always more the good girl who was falling in love as opposed to the naughty girl who was running around. That wasn't my style. And I don't have judgment against either, it just wasn't me.'

It still isn't, it seems. Even though Lopez has been through some big, messy public break-ups, including her failed engagement to Ben Affleck, and most recently a divorce (her third) from Marc Anthony, Latin superstar and father of her two children, she has said she still believes in the fairy tale, even if she says she's going to be smarter about it. And although she's had an on-again-off-again relationship with 28-year-old actor Casper Smart, she seems to speak of her girlfriends (among them two sisters, her mother, and talk-show host Leah Remini) as her truer loves. 'I think I realised they were as important – if not more important – when I divorced Marc. I just realised that I had been through that a couple of times and there they still were,' she says. 'Like they say, men come and go, but my girlfriends are always there for me.'

Eventually, it's time for me to go and, as Lopez walks back through her giant apartment, I get a glimpse of her tush, which is looking, well, 'normal'. Whether the shapeless silhouette of the pants is deceiving me doesn't matter. Because I get it. Sometimes even J-Lo needs to turn it off. ■

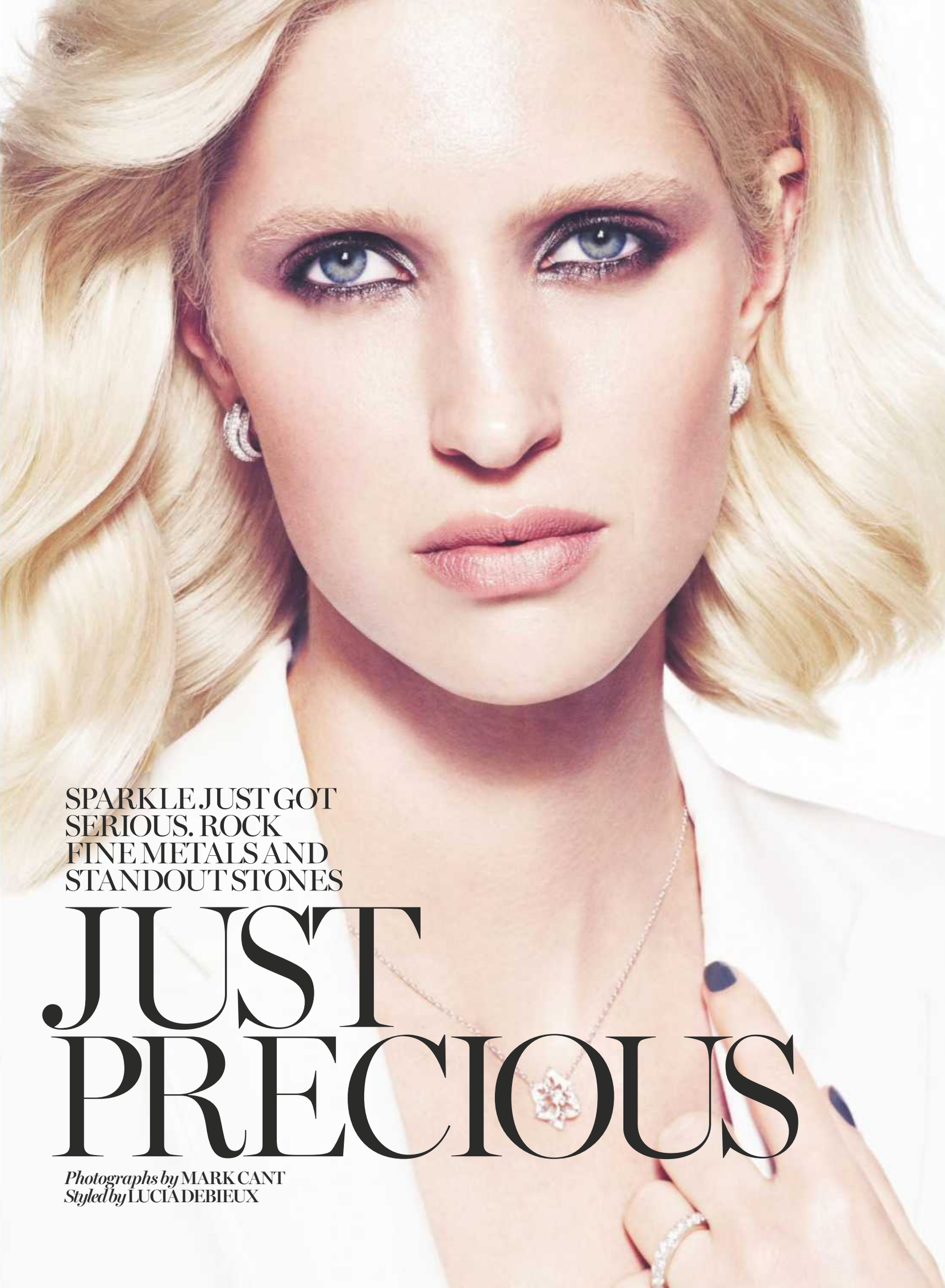
Jennifer Lopez's Las Vegas Residency *starts on 20 January at the Axis Theatre in Planet Hollywood Resort & Casino.* Shades Of Blue *will follow in 2016.*

PHOTOGRAPHS BY JOE PUGLIESE/AUGUST. STYLED BY ROB AND MARIEL. HAIR BY LORENZO MARTIN AT CLOUTIER REMIX. MAKE-UP BY FRANCESCA TOLOT AT CLOUTIER REMIX. MANICAURE BY TOM BACHIK AT CLOUTIER REMIX



‘I think I realised [my girlfriends] were as important – if not more important – when I divorced Marc. I just realised that I had been through that a couple of times and there they still were’

This page and opening spread: dress, Boulee; shoes, Christian Louboutin



SPARKLE JUST GOT SERIOUS. ROCK FINE METALS AND STANDOUT STONES

JUST PRECIOUS

Photographs by MARK CANT
Styled by LUCIA DEBIEUX



This page:
18ct white-gold and black-and-white diamond couture earrings, from a selection, Chanel High Jewellery; silk lace blouse, **£880**, Osman

Opposite page:
18ct white-gold and diamond 'Possession Classique' earrings, **£10,300**, Piaget; 18ct white-gold and diamond 'Pensée' necklace, **£4,440**, Boucheron; 18ct rose-gold, rhodium-plated silver and diamond 'Tango' ring, **£6,400**, Pomellato; viscose jacket, **£1,047**, La Perla



18ct-gold, diamond, quartz and pearl 'Shooting Star' earrings, **£2,031**, Elise Dray; 18ct rose-gold and diamond 'Bow' necklace, **£3,950**, Tiffany & Co; 18ct red-and-white-gold and diamond 'Possession Toi & Moi' necklace, **£5,000**, Piaget; 18ct rose-gold and sapphire 'Glow Open' bangle, **£5,200**, Melanie Georgacopoulos; 14ct-gold bracelet, **£995**, and charms, from **£185**, all Pandora; wool-mix waistcoat, **£150**, Duchamp London



18ct rose-gold, diamond and pearl 'Effervescence' earrings, **£1,400**, Links of London; 18ct rose-gold and diamond 'Dentelle de Monogram' ring (left), **£4,050**, Louis Vuitton; 18ct rose-gold, diamond and onyx 'Horsebit' ring (right), **£5,400**, Gucci; 14ct-gold and diamond 'Rising Sun' bracelet, **£7,650**, Astley Clarke; silk organza shirt, **£2,480**, Chanel



18ct white-gold, diamond and pearl 'Dot and Pearl' earrings, from a selection, Delfina Delettrez; platinum, 18ct white-gold and diamond 'Snowflake' pendant, **£30,300**, Van Cleef & Arpels; sterling-silver and diamond ring, **£525**, Thomas Sabo; 18ct white-gold, pearl and pavé-diamond 'Superstellar' ring, **£1,595**, Carolina Bucci; 18ct white-gold and diamond 'Flame' ring, **£6,157**, Elise Dray; merino-wool jacket, **£548**, Diane von Furstenberg



18ct white-gold, pearl and pavé-diamond 'Superstellar Shooting Star' earrings, **£960**, Carolina Bucci; 18ct white-gold and diamond 'Diorama' necklace, **£55,000**, Dior Joaillerie; viscose-mix jacket, **£1,328**, Mugler

Hair by Bjørn Krischker at Frank Agency using Phyto. Make-up by Irena Rogers using Chanel Christmas 2015 and Chanel Body Excellence. Nails by Kim Treacy at LMC Worldwide using Chanel Christmas 2015 and Body Excellence Hand Cream. Model: Eveline Rozing at Premier Model Management. With thanks to Spring Studios

DIVINE DENIM

Just when you thought denim couldn't get any cooler, Miss Sixty delivers another killer collection

SEXY, GLAMOROUS, LUXE AND cutting edge, Miss Sixty has been dedicated to creating the most directional and desirable denim-led looks for women since its inception in Italy in 1991. Fast-forward to today and the innovation continues. From 60s-inspired super flares and embroidered denim tops to chic bomber jackets and to-die-for dresses, the new premium AW15 range elevates denim in the most exquisite way. We love you Miss Sixty.



Supermodel Natalia Vodianova rocks a Miss Sixty bomber jacket with denim details and pantsuit with ruffle skirt overlay



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SHOPPING EVENING

JOIN US AND GET 20% OFF any purchase on the night.* Our shopping evening at the new Miss Sixty store in London shouldn't be missed. We'll be on hand for a Trend Talk and Denim Edit, plus you can enter the #Denimstar contest, where you'll try on some fashion, have your hair braided and do a selfie. If you can't attend our event, you can still be entered into the competition by posting your own picture on Twitter or Instagram dressed in Miss Sixty denim using the #misssixtyglobal and #denimstar hashtags by 9pm on the 19 November. The winner will receive a £500 Miss Sixty voucher.** If you can attend the shopping evening, there'll be champagne, canapés and a goody bag worth over £50.

WHERE Miss Sixty Westfield White City, Ariel Way, London W12 7GF
WHEN 6-10pm, Thursday 19 November
BOOK Space is limited, so book now at marieclaire.co.uk/misssixtyevent. Tickets cost £10.



*VALID ON FULL-PRICE ITEMS ONLY. **ONE WINNER WILL BE PICKED AT RANDOM AT 9PM ON THURSDAY 19 NOVEMBER FROM THE TWITTER, INSTAGRAM AND EVENT ATTENDEES' ENTRIES AND NOTIFIED VIA ENTRY METHOD



THE KEY PIECE
A sequin dress



£79, Very.co.uk

£190, French Connection

£110, ASOS

GET THE LOOK FOR LESS

PARTY ON

Glittering sequins, faux fur cover-ups and sheer separates add drama to your 'wow' wardrobe

FINISH WITH...
A faux-fur stole



£20, F&F

£185, Charlotte Simone

£25, River Island



Roll-neck, **£24.99**, H&M

Coat, **£80**, Miss Selfridge

Skirt, **£79**, & Other Stories



Shoes, **£52**, Topshop

Top, **£30**, Next

Earrings, **£14**, Impulse at Topshop

STYLIST TIP
'Don't be scared to layer up – with this look, more is definitely more'

STYLED BY GRACE SMITHAM. PHOTOGRAPHS BY DAVID ROEMER. STILL LIFES BY NOHALIDEDIGITAL.COM



THE KEY PIECE
A twill coat

£75, Wallis

£89, Topshop

£60, Oasis

Earrings, **£5**, Accessorize

Belt, **£24.99**, Mango

GET THE LOOK FOR LESS
TWEED

Work the heritage trend in haute houndstooth prints and pearls

Sweater, **£110**, French Connection

Skirt, **£42**, Urban Outfitters

FINISH WITH...
a gem-detail necklace

£14.50, Dorothy Perkins

£35, Coast

£135, ChloBo

STYLIST TIP
'Offset heavy fabrics and checks with a crisp white shirt'

Shirt, **£178**, Peter Jensen at Urban Outfitters

Dress, **£159**, Ted Baker

Shoes, **£119**, Finery London

STYLED BY HANNAH LEWIS. PHOTOGRAPHS BY BEAU GREALY. STILL LIFES BY NOHALIDEDIGITAL.COM



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LUNCHES, PARTIES, AFTER-WORK DRINKS – finding the time to get everything on the Christmas list is a challenge, to say the least. Step forward Boots. While you're picking up aspirin for that almighty hangover, you can also channel Santa. Gorgeous gift sets from big hitters like YSL and Lancôme mean you'll find something for even your most hard to please friend. You might even want to drop a few hints about the pressie you want under the tree. It gets better, too. If you sign up for a Boots Advantage Card,* with each purchase you'll start tallying up points ready to treat yourself. Happy Shopping!



ROCK CHICK KIT

Yves Saint Laurent Black Opium EDP 30ml set, £45, Boots (collect 180 Boots Advantage Card points) This gift set is for the friend that hops effortlessly from gig to after-party every Saturday night. It's got the liner and mascara needed to create a sexy feline flick, and Black Opium to intoxicate the band.



SOPHISTICATED SCENT

Lancôme La Vie Est Belle EDP 50ml set, £62, Boots (collect 248 Boots Advantage Card points) At the top of all the beauty editors' perfume power list, this scent is divine. You get a 50ml bottle, a 4ml miniature for your clutch and a body lotion if you want the scent to last that much longer by layering.



SPA DAY BLISS

Reiss II Bath Collection, £20, Boots (collect 80 Boots Advantage Card points) The power player who's juggling boardroom dramas with a hectic social life will be filled with joy and relief at the sight of this pretty package under the tree. With an indulgent bath oil, hard-working body scrub and soothing body glow lotion, she'll be ready to face anything her colleagues and schedule throw at her.



HOME NAIL BAR

Champneys Nail Polish Collection, £12, Boots (collect 48 Boots Advantage Card points) At this price, make sure you get one for your stocking, too. The spectrum of colours is inspiring – from the deep plum that will look perfect with your party frock to the spring-appropriate baby blue.



POUT PERFECTION

Ted Baker 10 Carat Kiss set, £16, Boots (collect 64 Boots Advantage Card points) Whoever is the lucky recipient of this set will bag the most lushest lips ever. There are two lip glosses, a lip and cheek tint to ensure maximum rosiness, and a compact mirror for last-minute touch-ups.

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Discover the unique collection of beauty gifts at larger Boots stores today, and all the gift sets featured here can be found online at boots.com/marieclaire. Order on boots.com or in-store by 8pm and collect for free in-store from 12pm tomorrow. See boots.com/ordertodaycollecttomorrow. Monday-Saturday. Geographical exclusions apply. Subject to availability.

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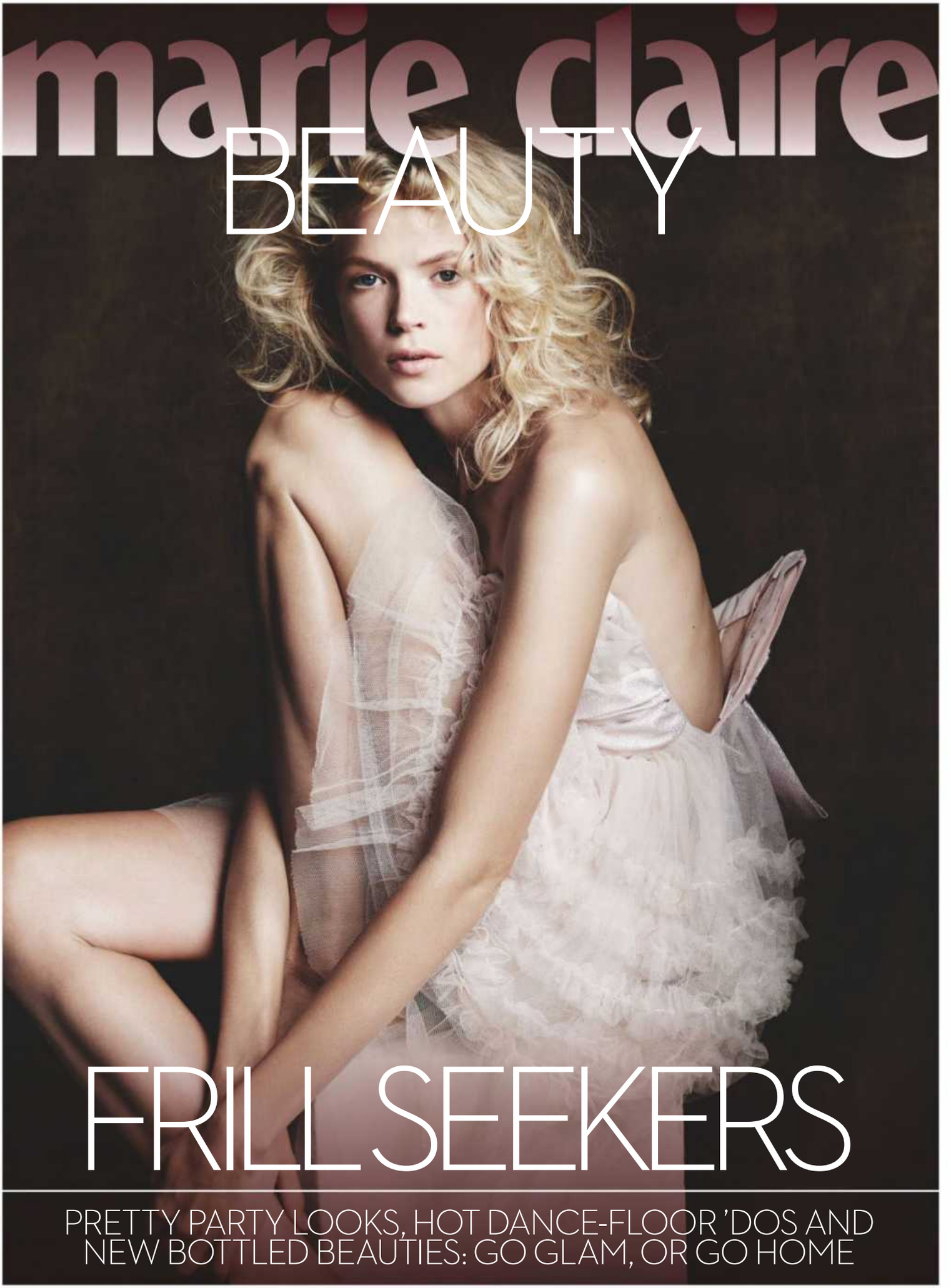
*The NPD Group Jan-Dec 2014.
†Consumer test - 194 women, after 7 days.

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BEAUTY



FRILL SEEKERS

PRETTY PARTY LOOKS, HOT DANCE-FLOOR 'DOS AND NEW BOTTLED BEAUTIES: GO GLAM, OR GO HOME

PHOTOGRAPH BY DAVID OLDHAM. STYLED BY LISA OXENHAM. MAKE-UP BY LYNSEY ALEXANDER AT STREETERS FOR ESTEE LAUDER. HAIR BY GOW TANAKA USING KIEHL'S. NAILS BY GLENIS BAPTISTE AT NAILS BY BAPTISTE FOR ESTEE LAUDER. DRESS, SAINT LAURENT

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Your best beautiful begins at Olay.co.uk. Available exclusively at Boots.

*Based on mass market facial moisturiser and cleanser value sales for the past 12 months ending December 2014.
**Skin surface renewal is accelerated based on surface cell exfoliation.

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BEAUTY NEWS

Candles, contouring and calming oils. Here's your cream of the beauty crop

LIGHTING THE WAY

It's cold, it's dark, it's dreary – time to find sensuous salvation in a scented candle. Here are the front-runners...

Fornasetti Profumi RIP Otto Candle, £115, will appeal to darker souls, with its woody balsam fused with lavender notes.

IIUVO Emmie Candle, £50, has unusual notes like myrrh, cedar and lichen, so it's one for the cool cats.

Roja Parfums Pour Maison Candle, £75, takes festive to the next level with cinnamon, ginger and toffee – you'll want to take a bite.



A DETACHER

SOOTHE YOUR SOUL

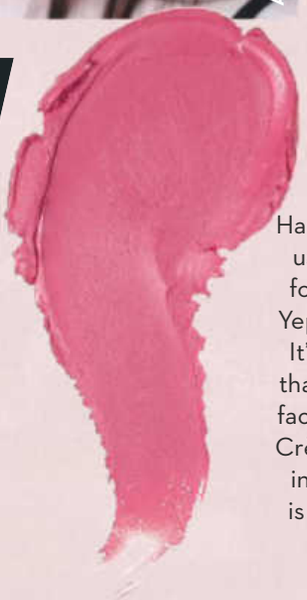
Aromatherapy Associates Clear Mind Bath & Shower Oil, £48, is more than just scented stuff you chuck in the bath. It's formulated by aromatherapist Geraldine Howard to bring clarity to your senses with bergamot, frankincense and chamomile extracts. Available exclusively at Liberty.





SCENT OF THE SEASON

Laced with seductive tuberose (who needs mistletoe?) and hazelnut extract, Lancôme La Vie Est Belle Intense EDP, £69 for 50ml, is your ultimate festive fragrance.



BLUSH UP

Hands up if you've been using the same blush for the last ten years? Yep, that's most people. It's an underused tool that can transform your face, which is why Sleek Crème To Powder Blush in French Rose, £7.99, is a cost-effective way to take your flush up a notch.



TARGET PRACTICE

Let's be honest, heavy contouring is a laborious look, and not for everyone. But a little light and shade in the right places can add definition. Enter Burberry's Face Contour Pen (far left) and Fresh Glow Highlighting Luminous Pen (left), £25 each, which provide precision definition and illumination. Nice work, guys.



SLEEP ON IT

Q: What happens to your skin when you don't get enough sleep?

A: Your cellular activity levels drop. That means you wake up puffy-faced, with skin that looks like it's gone ten rounds with Mayweather. Behold, Olay Regenerist 3 Point Age-Defying Night Cream, £29.99 (exclusive to Boots), which uses pentapeptides to improve lipid penetration and minimise fine lines. You had us at hello, little pot of wonder.

WORDS BY ANITA BHAGWANDAS. PHOTOGRAPH BY IMAXTREE. STILL LIFES BY PIXELEYES



HOW TO BUY...

FESTIVE SCENTS

Looking for a wish list-worthy spritz? Just call us Santa...

Photograph by BENOIT AUDUREAU *Words and styling by* MADELEINE SPENCER

1. THE OPULENT ONE
Viktor & Rolf Christmas Limited Edition Flowerbomb EDP, £74 for 50ml
Want to feel seriously decadent? Drench yourself in this explosion of jasmine, patchouli and orchid.

2. THE MEMORABLE ONE
Elizabeth Arden Always Red EDT, £38 for 50ml
The headiness of blood orange and rich notes of amber tip this fragrance into head-turning territory.

3. THE SEXY ONE
Michael Kors 24K Brilliant Gold EDP, £58 for 50ml
Girlie orange mandarin shot through with sensual woodiness provides the perfect party scent.

4. THE YUMMY ONE
Annick Goutal Les Absolus D'Annick Goutal Vanille Charnelle EDP, £166 for 75ml
Translate the smell of warm vanilla biscuits into a perfume and you've got this vanilla, tonka bean and white musk creation.

5. THE CLASSIC ONE
Kenzo Flower by Kenzo L'Elixir EDP, £66 for 50ml
Mandarin, rose, orange blossom absolute and praline form this can't-go-wrong addition to the Flower by Kenzo family.

6. THE SWEET ONE
Thierry Mugler Angel Passion EDP, £65 for 50ml
Inspired by toffee apples at funfairs, this is juicy, sweet, totally delicious and utterly nostalgic.

7. THE FLORAL ONE
Bottega Veneta Knot Eau Florale EDP, £72 for 50ml
Wish you were in warmer climes? This is for you. The mix of rose and peony, grounded in lavender and neroli evokes summers by the sea.

8. THE GLITZY ONE
Burberry My Burberry Eau de Parfum Festive Edition EDP, £65 for 50ml
We love the mix of freesia, damask and geranium, but the snow-globe bottle has us *really* excited.

9. THE SENSUAL ONE
Dior J'Adore Touche de Parfum, £70 for 20ml
A dab of this behind ears and on pulse points will envelope you in rose, sandalwood and tuberose.

10. THE COLLECTOR'S ONE
Atkinsons 24 Old Bond Street Limited Edition Eau de Cologne, £140 for 100ml
Have a picky person to buy for? The 1,799 bottles of cologne designed by Christopher Jenner will delight any perfume-lover.



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SHOW PONY

High praise for Prada, which has brought back our favourite childhood accessory. The last time we wore sparkly hairslides, a fifth birthday party was a big event. Backstage, stylist Guido Palau blow-dried the hair straight, pulling it back into a sky-high pony before flipping it to the side and securing the ends with a glitzy clip. The dance floor won't know what's hit it.

PRADA

ONE-NIGHT STRANDS

Ever wondered how Ellie Goulding and Yasmin Le Bon switch their looks overnight? They go to Louise Bailey, founder of Extension Professional. She offers a range of clip-in human hair extensions from £165, for those of us who don't want to spend the big bucks. They come in two pieces to give consistent thickness without the sudden tell-tale change in length. Even better, they're stocked online at Veryexclusive.co.uk. Log on, clip-in and swish!



HAIR FLASH

Catwalk waves, glossy blow-dry bars and added body in minutes. Hair just got glamorous



Hair Genius

Wella Professionals global creative director Eugene Souleiman shares his three simple steps for the glossiest waves ever. No biggie

1. To get the reflective sheen seen on the models at Chloé, don't be afraid to get stuck into products. With a bristle brush, blow-dry Wella Professionals EIMI Perfect Setting Lotion Spray, £9.50, into the roots to create a glossy crown.

2. This look is about layering textures, so put a gentle bend in your hair by rotating your straighteners through the mid-lengths at a low heat – around 150°C.

3. A final spritz of Wella Professionals EIMI Glam Shine Mist Spray, £12.50, will give a silky finish and blend the different textures throughout the hair.



CHLOÉ



AHEAD OF THE CURVE

A tip for those of us who just haven't got an inch more shelf space for another styling tool: use your straighteners as a curling tong. The curved edges on the new and very festive-looking Arctic Gold ghd V Styler, £130, are ideal. As you pull them down the length of your hair, simply curl them under. Do this right to the ends and you'll be left with perfectly loose, tousled waves – multitasking at its best.

PRE-PARTY PAMPER

After the hottest bar in town? That'll be the Urban Retreat Couture Styling & Cocktail Bar at Harrods. Salon creative director Andrew Barton has dreamed up six party-season styles – £40 each – that can be achieved on dry hair within 30 minutes – all with a cocktail in hand. Could there be anywhere more glam to prep for a night out? We think not.



WORDS BY JESS LACEY AND SUZANNE SCOTT. PHOTOGRAPHS BY JASON LLOYD-EVANS. STILL LIFES BY PIXELEYES

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THE NEW FRAGRANCE



Because the beauty is already in you.



1. Jurlique Rosewater Balancing Mist, **£18** 2. I Am Juicy Couture EDP, **£69** for 100ml 3. Ling Oxygen Plasma Glow, **£48** (cultbeauty.co.uk) 4. Oribe Signature Moisture Masque, **£54** 5. Revlon Lash Potion Mascara by Grow Luscious, **£9.99** 6. RMS Beauty 'Un' Cover-Up Concealer, **£28** (urbanretreat.co.uk) 7. SkinCeuticals Mineral Radiance UV Defense SPF 50, **£39** 8. Bliss Hide & Glow Sleek, **£30** 9. Maybelline Master Drama Cream Eyeliner Pencil, **£4.49**

MY BEAUTY RULES

BEHATI PRINSLOO

The Namibian model on show prep, thicker hair tricks and why she can't stay loyal to one mascara

Scent is a great way to start a conversation. Whenever I smell something great on someone – even if it's a stranger – I'll ask them what they're wearing, and I love people asking me, too. I wear I Am Juicy Couture EDP. At first it's fruity, then it has a lingering cashmere, woody note that lasts all day.

I like a thick face cream. I overhauled my whole skincare routine because I wanted to try the Ling skincare range. It's a New York-based brand and it makes a really good oxygen face cream that I now make sure I have on every flight. For extra hydration, I spray on Jurlique Rosewater Balancing Mist.

I'm not naturally very tanned. I don't like sunbeds, so I prefer to use tanning sprays. I get a really good colour from both the Bliss and St Tropez ones and they're a must-have for swimwear shoots. Having grown up in Africa, I never forget sun block. I like strong protection: always SkinCeuticals with pigment corrector for when I'm in the city; and the regular one for the beach.

I don't wash my hair every day. I have fine hair, so the more I wash it, the more it just hangs limply. I always work a little texturising spray through before I blow-dry it, to give it more body. If my hair's looking damaged, I'll leave Oribe Signature Moisture Masque on for 20 minutes.

I never, ever use the same mascara twice. I like to experiment, so right now I'm using a Revlon one. When I'm not working, I go really light on my make-up because I don't do a great job of it myself. I do like Maybelline New York eye pencils, though, and a nude lip.

When people see paparazzi pictures of me, they're like, 'Oh my gosh, look at her skin!' So I try to perfect my complexion by using both RMS Beauty concealer and illuminator.

I always choose natural cosmetics. It's tough because I'm in an industry where people use *everything* on you, but when it's my choice, I tend to go completely organic.

I loved my look for this year's Met Ball. My stylist Andrew Mukamal showed me this eye make-up look that I'd never seen before. It was smoky, but also structured like a cat's eye. It was fun to play around with that, and we kept my hair simple.

Prep for the Victoria's Secret show starts a month before. I do work out all year round, but I have a trainer who intensifies my workout so it's more of a lifestyle shift than a boot camp.

I eat a lot of pasta and bread. Before a show, I'll try to stick to more protein and vegetables. My mum is very health-conscious, so I grew up eating well.

INTERVIEW BY MADELEINE SPENCER. COMPILED BY JESS LACEY. PHOTOGRAPH BY GETTY IMAGES. STILL LIFES BY PIXELEYES

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CLAIROL

Sarah's colour is #5 Natural Medium Brown.

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*based on IRI volume sales August 2014 to August 2015



MELLOW YELLOW

Why go yellow? 'It reflects light more than any other colour, so it's perfect for brightening your eyes,' says Lynsey Alexander.
How to use it 'For drama, use mustard yellow on lids, blending to the brows. If you prefer a more subtle look, lemon yellow, copper, bronze or gold are easier to wear.'
Try this Using a blending brush, swirl Estée Lauder Double Wear Concealer in Deep or Extra Deep, £22, over the lids and lower lash lines for a neat base, then blend Estée Lauder Pure Color Envy Eye Shadow in Audacious Nude, £20, on top. For more vibrancy, pump it up with MAC Eye Shadow in Twinks, £10.
Model tip 'No matter how much I dress up, my eye make-up has to be easy. I never wear false lashes – it means I'm still me, and still approachable,' says Wilde.

Blouse, Alberta Ferretti



Wilde at heart

From the perfect pink blush to seductively dark lips, British actress and model GABRIELLA WILDE introduces her modern party makeover

Photographs by DAVID OLDHAM
Words & styling by LISA OXENHAM

With soft, flowing hair, bright blue eyes and perfectly bowed lips, actress Gabriella Wilde is the epitome of an English rose – delicately beautiful in every way. But when it comes to going out, this is one lady who is not afraid of experimentation. In fact, the star – who is set to appear in the second season of hit TV show *Poldark* – is something of a bohemian. 'If I'm going to a party with an incredible theme, then I'll go all out – drama from head to toe,' she muses. It's this killer combination that makes her the perfect fit as the new face of Estée Lauder. Now, make-up artist Lynsey Alexander, UK make-up ambassador for the beauty brand, plays dress-up with the actress, experimenting with strong on-trend shades of yellow, pink and purple. And she'll even tell you how to create the looks yourself... ▶



PLAY TIME

Tips for lips This Christmas, it's all about being playful, so lipstick is a must. 'Brown is more bohemian than a classic red, and will make blue and green eyes pop,' says Alexander.

How to do it Alexander recommends free-styling – using your fingers to apply lipstick rather than stiff pencils. 'Dab lipstick on to fingers, then tap on to your lips,' she says. Wilde's lip stain was created with a mix of Estée Lauder Pure Color Envy Liquid Lip Potion's Bittersweet and True Liar, £20 each.

What about eyes? Wilde's eyes were kept bare except for Bobbi Brown Smokey Eye Mascara in Black, £23.

Model tip 'I wear stains, not lipsticks, to create a watercolour effect, and I make my lips look more lived-in by being a bit haphazard with my application,' says Wilde. 'Make-up looks better when it's been lived in and danced in until 3am.'

Dress, Olympia Le-Tan



IN THE PINK

Reasons to love blusher 'Blusher is the secret to stealth beautifying,' says Alexander. 'It gives a natural, youthful flush.' Liquid is easiest to use. Daniel Sandler's Watercolour Fluid Blusher, £15.50, is semi-transparent and great for paler skins with freckles, while cream versions, such as Bobbi Brown's Hot Rouge for Lips and Cheeks, £19.50, suit deeper skin tones. Estée Lauder's Pure Color Blush, £27, is another hero and gives a fine veil of soft colour.

Get the right shade Alexander warns that one colour doesn't fit all. 'It's about mimicking those tones in your face that occur naturally on a cold day. I used Estée Lauder's Electric Pink on Gabriella, but the peachy Wild Sunset is great on olive tones and Pink Kiss is beautiful on darker skins,' she says.

Model tip 'I've learnt how to apply blusher on set and it always surprises me how the make-up artist sweeps it right up, over my cheekbones and then on the apples of my cheeks,' says Wilde. ▶

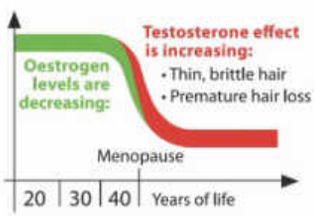
Sweater, Sportmax

Over one third of women experience hair loss after menopause

NO.1 FEMALE SHAMPOO*



This graph shows how when a woman approaches the menopause, her oestrogen levels decline, and the negative effect of her testosterone rises. This hormonal fluctuation can lead to hair thinning or hair loss. For those women affected, the hair loss can be dramatic.



Plantur 39 shampoo is formulated with a Phyto-Caffeine ingredient that, if used regularly may help reduce the affect of these hormones on the hair roots. Which could help reduce hair thinning or hair loss during and after the menopause.

Plantur 39 is available at Boots, pharmacies and leading supermarkets.

*Source: Nielsen Company Panel, 2014, Germany, per SKU in German drug stores



MODERN MAUVES

How to do it 'This look has a coquettish feel,' says Alexander. Apply Estée Lauder Magic Smoky Sticks in Charred Plum and Pink Charcoal, £18 each, around the eyes, keeping the depth of the colour on the lids and diffusing edges with MAC Eye Brush in 217, £20. For a subtler look, Clinique Chubby Lash Fattening Mascara in Portly Plum, £17.50, gives a nod to the trend.

Pout to match Bring lips alive with Nars Audacious Lipstick in Anita, £24, dabbed on with abandon.

Model tip 'I wear smoky eyes to parties and red-carpet events, but a hint of lilac gives a softness – it's more modern,' says Wilde. ▶

Dress, Vivienne Westwood



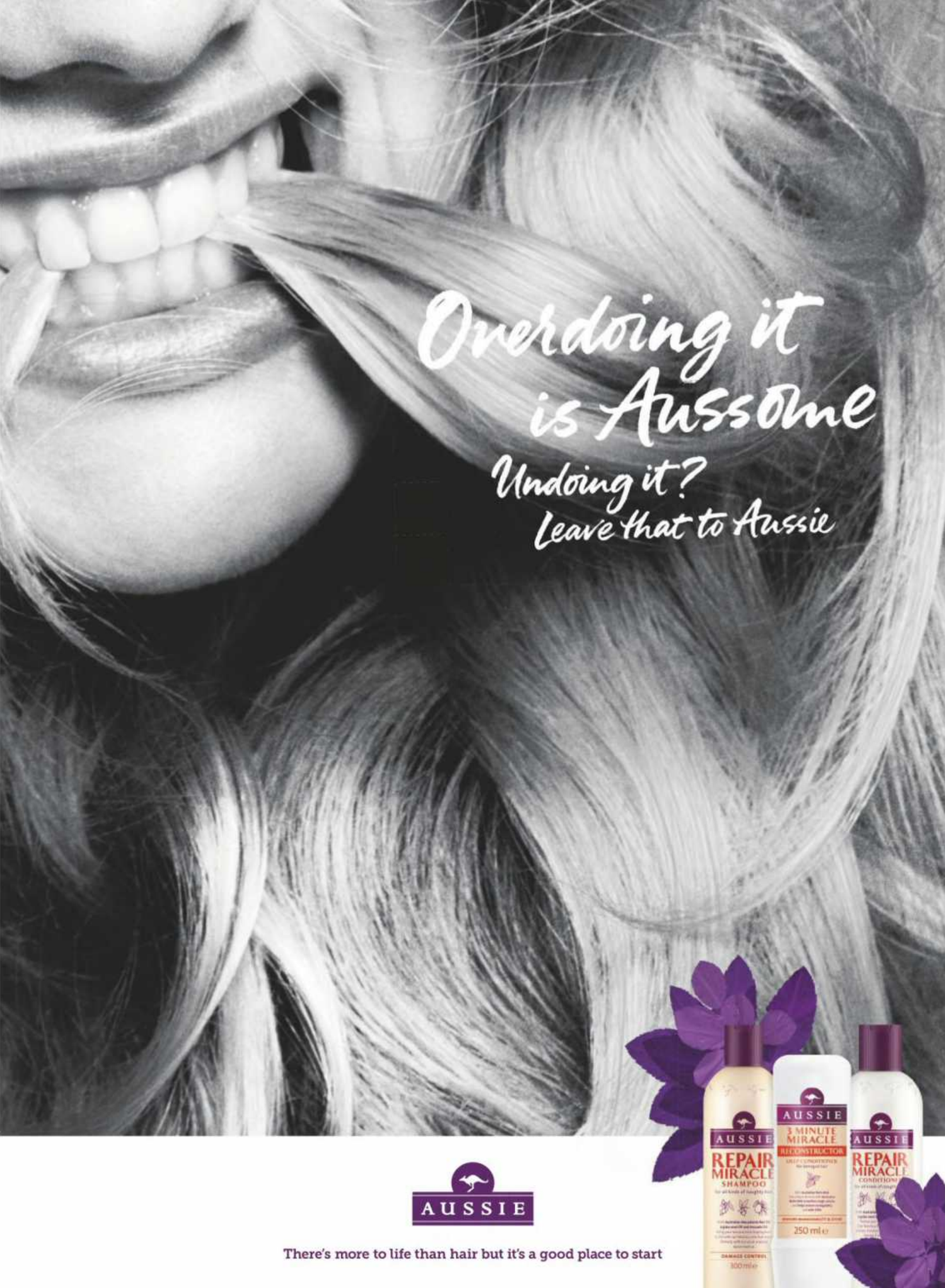
SKIN DEEP

Go glow 'There's nothing sexier than skin that glows from within,' says Alexander. 'It's not a question of covering up the ravages, it's about drinking lots of water and using skincare that works.'

Instant results Alpha-H Liquid Gold Smoothing and Perfecting Mask, £46, is a pre-party lifesaver, while exfoliating Caudalie Peel, £22, shrinks pores, but go easy if your skin is supersensitive. If you're acne-prone, use gentle Dr Hauschka Cleansing Clay Mask, £24.50, then finish with Estée Lauder Perfectionist [CP+R] Wrinkle Lifting/ Firming Serum, £56, to minimise redness and close pores.

Model tip 'I take care of my skin so that I can wear minimal make-up,' says Wilde. 'I massage my face with Estée Lauder Advanced Night Repair serum [£50 for 30ml]. I put it on my neck and chest, too.' ▶

Dress, AF Vandevorst



AUSSIE

There's more to life than hair but it's a good place to start



THE ILLUMINATI

Which base is best? The English-rose look demands a glowing complexion. To make pale skin gleam, apply a primer like Burberry Skin Fresh Glow Luminous Fluid Base, £34, which is used to polish skin on film sets. For something more heavy duty, Tom Ford Illuminating Primer, £54, has a blue-pearl base to negate redness, blur fine lines and erase shadows. For foundation, Estée Lauder's Double Wear Makeup To Go Liquid Compact, £35, blends into invisibility and stays put.

Try strobing Rather than contouring, Alexander suggests strobing for ultimate luminosity. 'Sculpt with light rather than shade. I brush on a large '3' shape, starting from the forehead, sweeping down to the cheekbones, then round to the collarbones,' she says. Use Nars Illuminator, £23, for a moonlit gleam.

Model tip 'I'm inspired by anyone who has fresh-looking skin, like Keira Knightley and Felicity Jones,' says Wilde. 'When filming, I have to wear heavy foundation, but for day-to-day life I wear very little make-up – it makes me look younger – it's a case of enhancing the natural glow.' ■

Dress and headpiece, AF Vandevorst

MAKE-UP BY LYNSEY ALEXANDER AT STREETERS FOR ESTÉE LAUDER. HAIR BY GOW TANAKA USING KIEHL'S. NAILS BY GLENIS BAPTISTE AT NAILS BY BAPTISTE FOR ESTÉE LAUDER. RETOUCHING BY MATT RANSOM AT INVISIBLE INC. ROCKING HORSE. ROCKING HORSE ELITE. TRUNK. NATIONAL THEATRE

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AUSSIE

There's more to life than hair but it's a good place to start





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PATENT PENDING PCT/IB2015/054257
FILED BY CAUDALIE AND HARVARD UNIVERSITY

(1) Consumer test, % of satisfaction, 100 women, 30 days. (2) Clinical trial, % of satisfaction, 33 women, 56 days. * Patent pending PCT/IB2015/054257 filed by Caudalie and Harvard University.


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ASK THE BEAUTY EDITORS

Bring your beauty dilemmas to the pros. Problem solved



Anita Bhagwandas
Senior beauty editor

Q. *I love self-tanning but always manage to mess it up on my face. Is there an easy way to apply?*
Karleen, 33

ANITA: Using fake tan on the face has always been a bit hit and miss, but **Vita Liberata Trystal Minerals Self Tanning Bronzing Minerals, £35,** available at Boots, is a new mineral bronzing powder that, once applied, actually continues to develop into a natural-looking tan that lasts for days. Talk about genius. Before you apply it, make sure you exfoliate your face with a gentle, non-scratchy polish like **Radical Age-Defying Exfoliating Pads, £65,** to remove any dead cells lurking on the skin's surface that can lead to a patchy tan.





Madeleine Spencer
Beauty writer

Q. *My 14-year-old daughter is starting to show an interest in skincare – what's gentle enough for her complexion?*
Karina, 38

MADELEINE: I'd suggest you start her off with basics that aren't too active and won't damage her skin's natural barrier function. This will give her a good grounding. Cleansing is essential – it'll remove grime and calm hormonal spots. **Burt's Bees Sensitive Facial Cleanser, £11.49,** is ideal. After cleansing in the morning, a little squirt of **Dermalogica Clear Start Oil Clearing Matte Moisturizer SPF 15, £16.15,** will nourish and protect her young skin, while helping to reduce any budding breakouts.





Lisa Oxenham
Beauty & style director

Q. *My work stress is at a critical level – I'd like to try aromatherapy to help me switch off. Can you advise?*
Harriet, 28

LISA: I'm a recent convert to aromatherapy and many oils are proven to calm nerves. I spray **This Works Sleep Plus+ Pillow Spray Limited Edition, £35,** on my pillow and let the lavender, vetivert and wild chamomile soothe me. If I'm under the weather, I dab **H. Gillerman Organics Pure Breathing Sinus Remedy, £36,** under my nose, and I travel with **Aromatherapy Associates Essential Travel Oils, £37,** for my bath.

PRO TIP

'If you're trying to grow your nails, file them into a curved square – this is the best shape to keep your nails strong and stop them from snagging or flaking.'
Bryony McMillan, OPI nail expert



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COMPILED BY MADELEINE SPENCER. PHOTOGRAPH BY JASON LLOYD-EVANS. STILL LIFES BY PIXELEYES

CHARLES WORTHINGTON
LONDON

*65 people (with fine or thinning hair) questioned on a 1 week home user trial using shampoo and conditioner.
** Tonic contains organic pea sprout extract to stimulate hair growth. When tested by 104 people in a 4 week home user trial using shampoo, conditioner and tonic.

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+ STEP 3 Helps stimulate hair growth for lasting results in just 4 weeks**

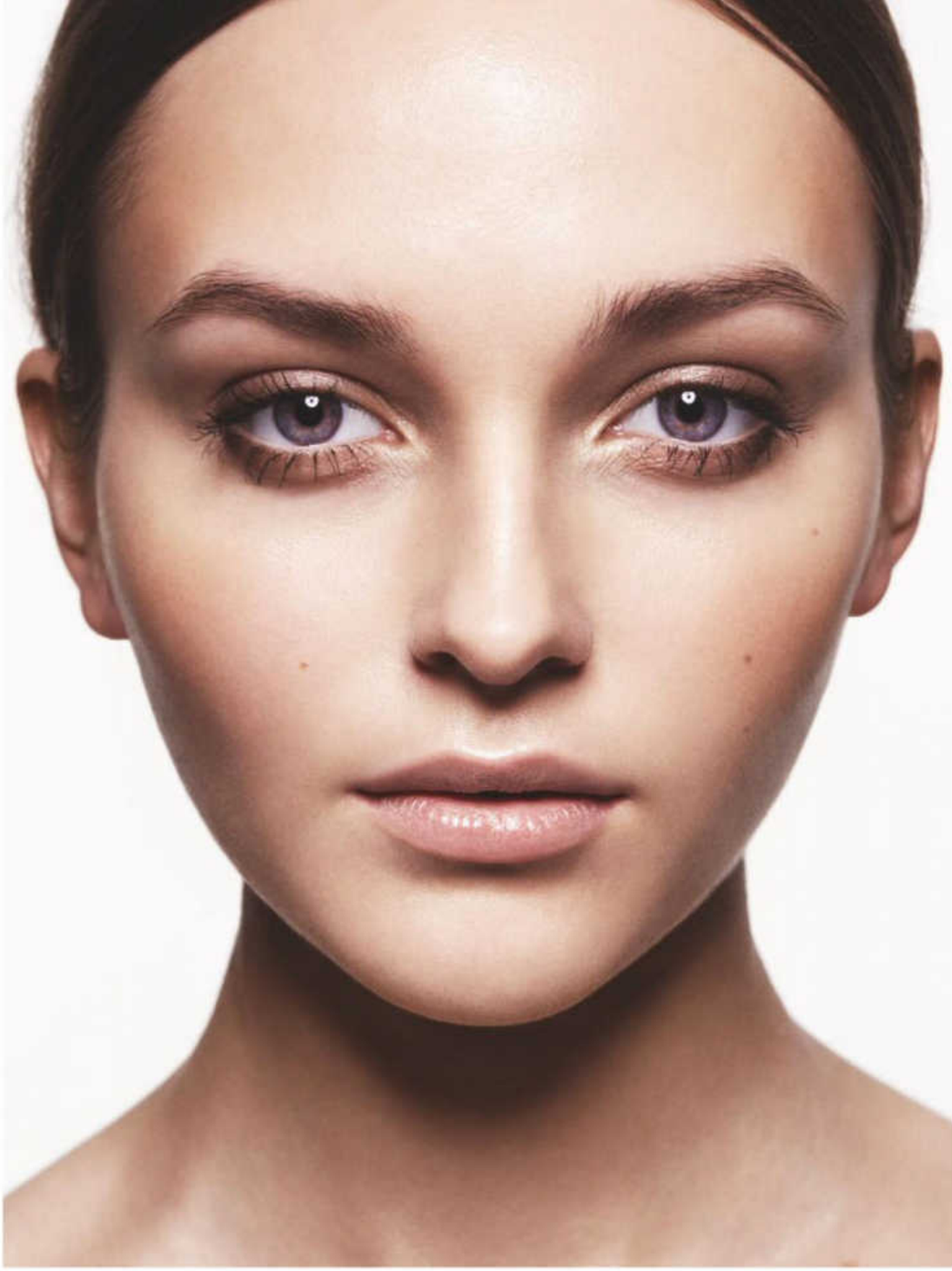
= Used together, the regime will make hair feel stronger, thicker, and gorgeously full

EXCLUSIVELY AT BOOTS

SKIN SOLUTIONS

PRE-PARTY FIXES

Ensure your skin looks just as beautiful as that sparkly new dress with a little help from Elemis



IT'S THAT TIME OF YEAR AGAIN. You're out every night and tied to your desk every day with looming deadlines. Factor in the harsh winter weather and central heating, and your stressed-out skin can end up looking seriously dry and horribly grey. There's no need to panic though – Elemis has everything you need to pamper and revive your skin. To reclaim your radiance, start with the Elemis S.O.S Emergency Cream, an intensive daily moisturiser that helps to banish dryness using active ingredients like willow, myrrh and lavender absolute.

To really amp up the luminosity, Elemis White Brightening Even Tone Serum contains sophora extract – a skin brightening active which also helps to nourish and condition your complexion. And for the ultimate quick fix to ensure your skin regains its glow, turn to the Elemis Pro-Radiance Illuminating Eye Balm. It's the perfect remedy for tired eyes and can help reduce dark circles and puffiness, plus it softens the appearance of fine lines. Get ready to party!

Visit your local Elemis counter at John Lewis, Debenhams or Harvey Nichols to receive a complimentary 15-minute facial upgrade with the purchase of any facial.* Find your nearest Elemis counter at elemis.com/retail-spa-pods or call 0117 316 1888.

ELEMIS



1 2 3

1. **White Brightening Even Tone Serum, £59**
Lacklustre skin? Just watch this brilliant correcting serum restore your luminosity.

2. **Pro-Radiance Illuminating Eye Balm, £34**
A hard-working balm that brings light and radiance to even the darkest under-eye circles – impressed.

3. **S.O.S Emergency Cream, £52.50**
Stressed-out skin's new BFF, it's formulated to soothe sensitive, dry and blemish-prone skin and it works like a dream.

PHOTOGRAPH BY MARTIN PETERSSON/THELICENSINGPROJECT.COM.
*ONE FREE TREATMENT UPGRADE PER CUSTOMER AVAILABLE WITH A FACIAL PURCHASE UNTIL 31 JANUARY 2016 EXCLUDES SPAS, SALONS AND HOUSE OF ELEMIS. THIS MODEL DOES NOT ENDORSE THESE PRODUCTS



DRY SKIN IS A PAIN. FACT. THOSE who suffer know that papery skin is prone to itchiness (and conditions such as psoriasis and eczema), and that finding a remedy is mission impossible. 'Whether you have dry skin or not, everyone needs to up their game in winter, especially as you reach your thirties,' says Dr Puneet Gupta, cosmetic dermatologist at The Private Clinic of Harley Street. 'Your skin loses one per cent of plumping collagen every year after that age, causing it to become drier.'

So, what can you do to reduce raspy skin? Firstly, exfoliating increases the efficacy of your creams. Then you should apply your body moisturiser within three minutes of jumping out of the shower to ensure the deepest penetration. Slathering time now: layer different textures, like balms, creams and lotions until you're happy your skin is nourished. Finally, commit to it – you'll need to apply your creams twice a day. There's no other way to say this, but routine and regularity are the only ways to *really* moisturise super-dry skin. Good luck.

SKIN SCIENCE

BODY MOISTURISERS

Super-dry skin? You've got to tackle it head-on with products that refuse to rough it, says *Anita Bhagwandas*



PHOTOGRAPH BY SARAH MAINGOT/TRUNK ARCHIVE. STILL LIFES BY PIXELEYES

1. Elizabeth Arden Prevage Body Total Transforming Anti-Aging Moisturizer, £105
This might be the pricey option, but if you're struggling with the tone of your skin, the potent hit of antioxidants in this moisturiser will soften and brighten.

2. Bliss Cassis + Sandalwood Body Butter Maximum Moisture Cream, £22
Using rich coconut oil and vitamin E, this fragrant body butter locks in moisture and smells like a Balinese spa. Seriously relaxing.

3. Origins Comfort Mood Ultra-Rich Vanilla Body Butter, £30
Layer up and breathe deeply. With bergamot and citrus oils, you'll get a seriously good mood boost.

4. Neutrogena Visibly Renew Elasti-Boost Body Balm, £4.99
This great balm contains active minerals that have been shown to help boost collagen production. The result is ultra-nourished skin.

5. Dove Derma Spa Goodness Body Lotion, £7.99
Using powerful skin-softening omegas taken from seed oils, this lotion aims to repair barrier function – and it absorbs in super-quick time.

6. Murad Collagen Support Body Cream, £38
A mega cream using technology that picks up water molecules and moves them deeper into the skin. It might sound like a heavenly dream, but it's real.

A BODY CARE BREAKTHROUGH

For the first time, Dove is bringing advanced face moisturising technology to hand and body care – meet the exquisite Dove DermaSpa collection

WHEN IT COMES TO MOISTURISING, your body really should be treated with as much love as your face. Dove gets this, so has launched Dove DermaSpa – the only body care collection to harness powerful Cell-Moisturisers.™ Originally developed for face care, these key moisturising actives work at the heart of skin cells,* leaving the cells full of moisture and you with radiant, supple and beautifully nourished skin.

Of course, we all have different skin types and needs, so the collection has three ranges – Goodness[3], Uplifted+ and Summer Revived, plus the Intensive hand cream – to ensure everyone can have soft, smooth skin. And the amazingness doesn't stop there. Each one of the Dove DermaSpa products, which includes lustrous gels and silky oils, combines the best dermatological advancements from Dove with the brand's most outstanding spa formulations. Why? Because a moisturising routine shouldn't just be about keeping your skin soft and glowing, it should also be about awakening a deeper connection with your body and mind to leave you feeling beautiful, calm and self-confident.



'IT'S EXCITING TO BE INVOLVED IN SOMETHING THAT IS GOING TO MAKE DOVE EVEN MORE OF A BEAUTY LINE'

Ann Gottlieb, one of the world's leading fragrance experts, has worked with Dove to add an extra layer of luxury to the Dove DermaSpa collection by creating a core scent for each of the three ranges. All the scents are designed to awaken your senses and get you back in touch with your body, giving you a spa experience at home.



THREE RANGES FOR DIFFERENT SKIN NEEDS

1 SKIN SMOOTHERS The Dove **DermaSpa Goodness³ range** is the first body care collection to use Cell-Moisturisers™ and omega oil to help smooth the skin's texture, making it soft, even-looking and luminous. Vanilla, coconut and musk create a luxe scent for a true pampering experience.

2 SKIN FIRMERS Dove's **DermaSpa Uplifted+ range** provides deep* penetrating moisture and nourishment to help restore your skin's natural elasticity. A scent of water-lilies, cucumber, green violet leaves, sandalwood, patchouli and musk will revive and refresh.

3 GLOW GIVERS The two gentle lotions with self tanners in the Dove **DermaSpa Summer Revived range** have Cell-Moisturisers™ technology to help obtain a lovely, even and streak-free tan. Get ready for a highly moisturised, healthy glow.



*WITHIN THE STRATUM CORNEUM. **ALL PRICES ARE RRP. RETAILERS ARE FREE TO SET THEIR OWN RETAIL PRICES

The entire Dove DermaSpa collection is available from Superdrug, Boots and Asda. The Uplifted+ Massaging Body Roll-On is exclusive to Boots until January 2016. Prices start from £4.99.** Visit dove.co.uk for more information and tweet @DoveUK #DoveDermaSpa to share your opinions.

Dove | DermaSpa

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EXTREME BLUE THE NEW FRAGRANCE FOR MEN

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MEN
#HESMELLSGOOD
WHY WE LOVE A FRAGRANT MAN
LET'S TALK ABOUT BEARDS
WHAT'S NEXT FOR FACIAL HAIR?
GROOMING SPECIAL
20 PAGES OF TRENDS, BRILLIANT BUYS & EXPERT ADVICE



EDITOR'S LETTER

Man talk
284



I'M SURE I'M NOT alone, but my beauty products seem to be depleting faster these days, and my fiancé is looking *very* radiant. Male grooming really has taken off – even if not all those who indulge actually admit it.

Hair removal (aka the 'boyzilian') is the second most popular men's treatment in the UK after the haircut, the barbershop has been revived by the hipster fixation with beards (FYI, our male model Ricki Hall on page 286 has the most requested beard in Britain) and big-gun brands like Aveda now have their own grooming ranges and areas in-store. Nevertheless, there is still a stigma that needs to be overcome. Most of the men I spoke to for this supplement still don't know how to treat their skincare problems, but are too embarrassed to ask. So get ready to overcome these barriers with our men's grooming supplement dedicated to the boys, tackling guys' specific skincare. And we've featured lots of great aftershaves, too, because there's nothing like walking past a guy who smells amazing. Look out for our online campaign #HeSmellsGood.

Male grooming is here to stay. Now all you guys reading this need to do is buy your own products!

Lisa Oxenham, beauty & style director

Tweet me @LisaOxenham_MC



Your grooming problems solved
293

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Paul Smith

ESSENTIAL

THE NEW FRAGRANCE

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LOOKS LIKE #HESMELLSGOOD

To launch our #HeSmellsGood campaign – celebrating the joy of a finely fragranced fellow – we got six of the hottest male models around right now to give us their tips on looking (and smelling) fabulous

Photographs by JONAS BRESNAN *Words by* LISA OXENHAM



THE ATHLETE

Christopher Poulter says: 'I'm a motocross racer. When I'm not on the bike, I like to be clean. I have to stay athletic.'

Go-to hero products 'In the shower, I use Essential Waitrose Chamomile & Vanilla Soap, £1.65 – it cleans my skin without leaving a film – and I wash my face with Clinique For Men Oil Control Face Wash, £16.50. I like a smooth shave, so I apply Neville Shave Cream and Murad Razor Burn Rescue, which is like a moisturiser, too. I also use Ultrasun Sports Transparent Sun Protection Gel SPF20 and Dior Homme Deodorant Spray.'

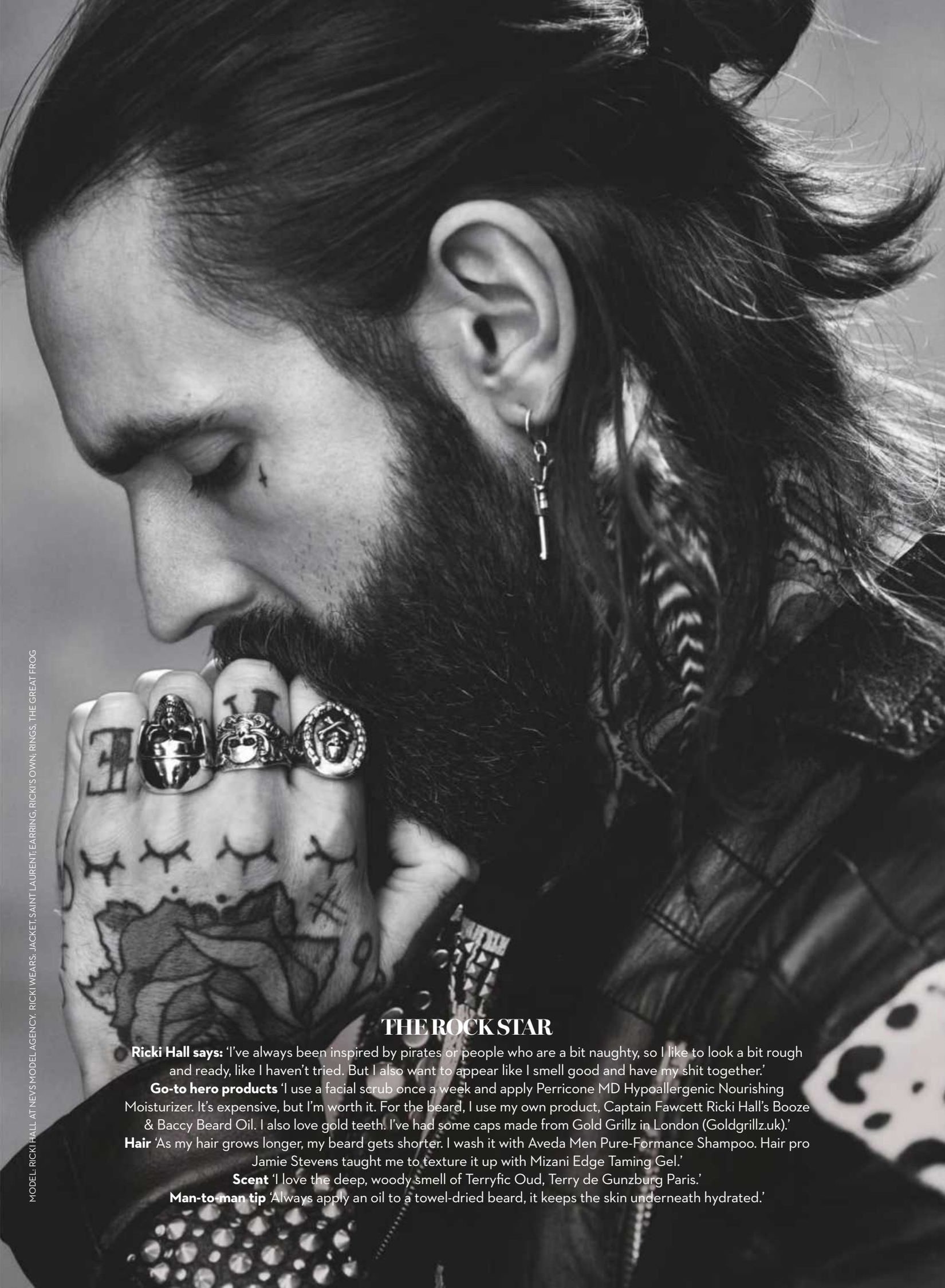
Hair 'It's important that I don't feel products on my hair. I like Molton Brown Black Tea Extract Daily Shampoo, £18, Aussie Mega Instant Conditioner, £4.19, and Fudge Matte Hed Gas, which lets my scalp breath.'

Scent 'Michael Kors Extreme Blue. It makes me feel fresh.'

Man-to-man tip 'For clear skin, don't eat food or drink containing sugar, and stay hydrated with water.' ▶

MODEL: CHRISTOPHER POULTER AT SELECT MODEL MANAGEMENT





MODEL: RICKI HALL AT NEVS MODEL AGENCY. RICKI WEARS: JACKET; SAINT LAURENT; EARRING, RICKI'S OWN; RINGS, THE GREAT FROG

THE ROCK STAR

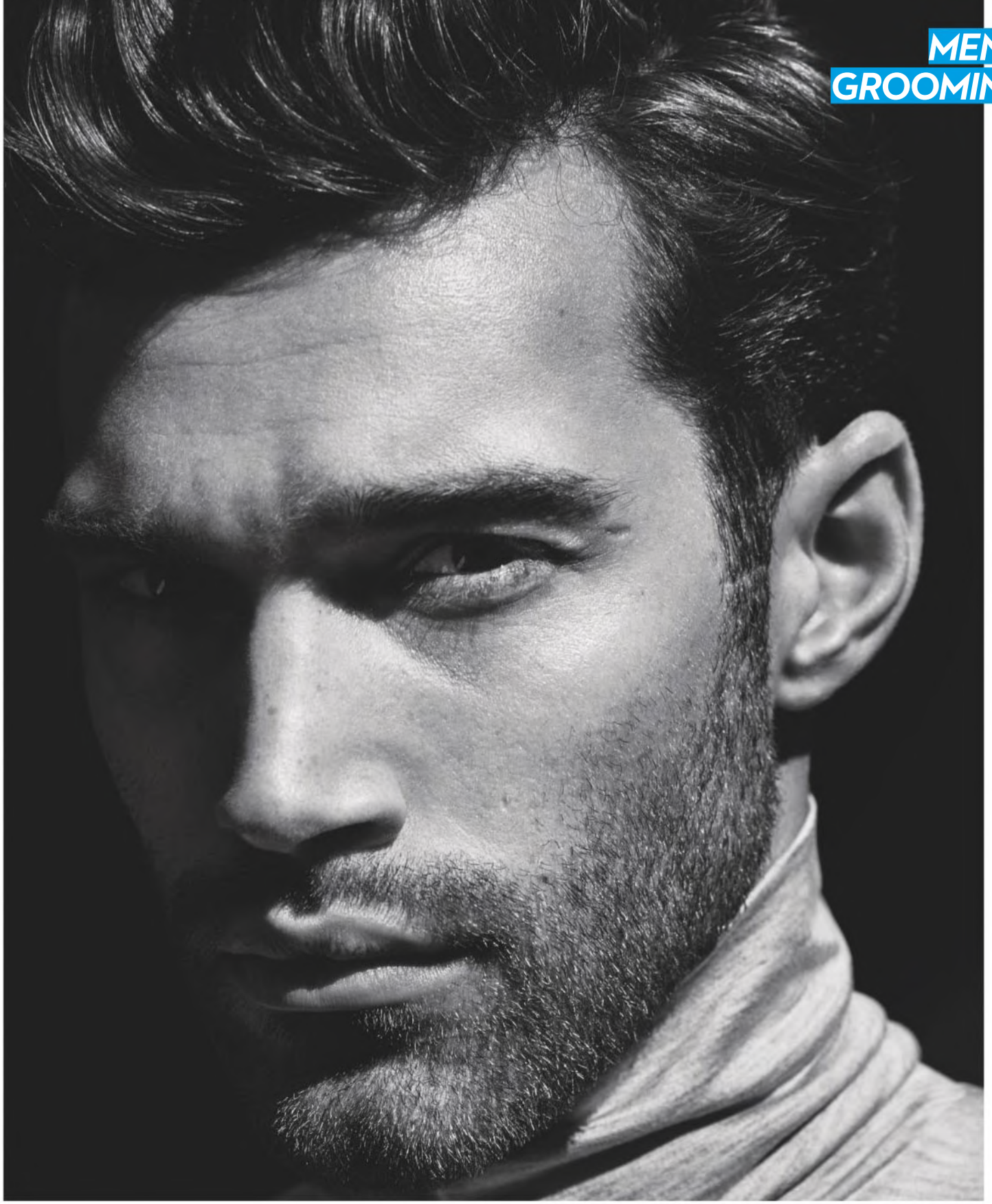
Ricki Hall says: 'I've always been inspired by pirates or people who are a bit naughty, so I like to look a bit rough and ready, like I haven't tried. But I also want to appear like I smell good and have my shit together.'

Go-to hero products 'I use a facial scrub once a week and apply Perricone MD Hypoallergenic Nourishing Moisturizer. It's expensive, but I'm worth it. For the beard, I use my own product, Captain Fawcett Ricki Hall's Booze & Baccy Beard Oil. I also love gold teeth. I've had some caps made from Gold Grillz in London (Goldgrillz.uk).'

Hair 'As my hair grows longer, my beard gets shorter. I wash it with Aveda Men Pure-Formance Shampoo. Hair pro Jamie Stevens taught me to texture it up with Mizani Edge Taming Gel.'

Scent 'I love the deep, woody smell of Terryfic Oud, Terry de Gunzburg Paris.'

Man-to-man tip 'Always apply an oil to a towel-dried beard, it keeps the skin underneath hydrated.'



MODEL: ELLIOT CONWAY AT MODELS 1. ELLIOT WEARS: POLO-NECK SWEATER, COS

MR CLEAN

Elliot Conway says: 'I'm sophisticated, clean-cut and pretty set in my ways when it comes to skincare.'
Go-to hero products 'I use Clarins Men Exfoliating Cleanser, twice a week after going to the gym to prevent blocked pores, Kiehl's Ultra Facial Moisturizer all year round and coconut oil [Neal's Yard Super Food Organic Virgin Coconut Oil] on my face and fingertips to keep my cuticles supple. I file my nails once a week and I look after my teeth with Arm & Hammer Advance White for sensitive teeth.'
Hair 'It's neat back and sides for me. I use Philips Hair Clippers Series 9000, to keep my stubble even.'
Scent 'I wear Dior Homme Eau for Men. It's elegant, woody and romantic.'
Man-to-man tip 'Organise your supplements in a pill box [Boots Safe & Sound, £3.99]. I take multivitamins from Myprotein.com, flaxseed oil and branched chain amino acids for energy. And I use a Nutribullet every day.' ▶



MODEL: JOE ROUTLEDGE AT STORM MANAGEMENT. JOE WEARS: CARDIGAN, MISSONI

COUNTRY BOY

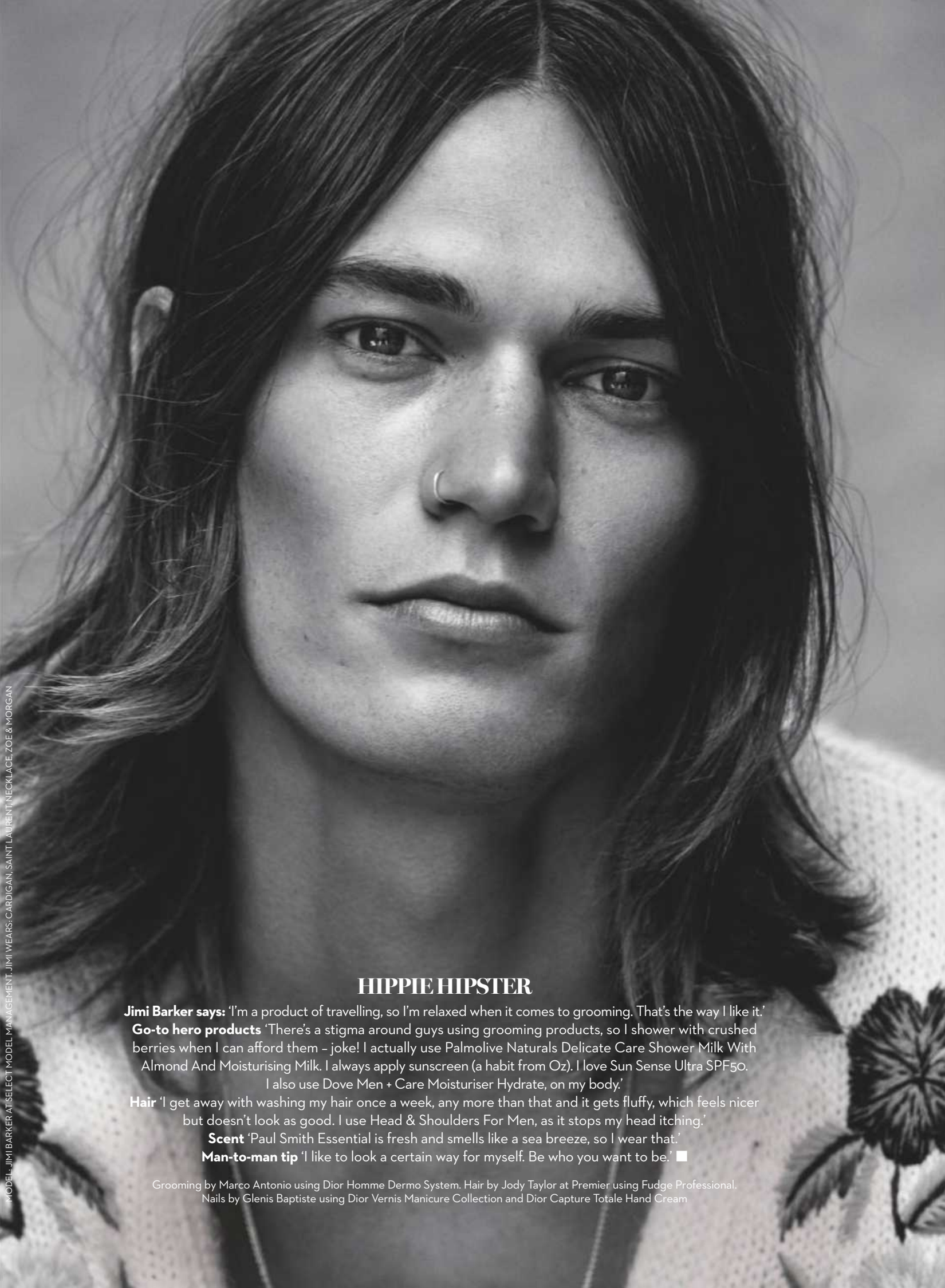
Joe Routledge says: 'I like to be well-groomed, classic and hold myself like a gentleman.'
Go-to hero products 'I look after my skin. I hate it when it feels groggy. I use Clinique for Men Face Soap and No 7 Men Energising Face Scrub. If I get spots, I cover my face with Sudocrem, £1.99. I'm not sensitive to the sun, but I apply a moisturiser with SPF15, like No 7 Men Energising Moisturiser, £8.95, and Clinique For Men Oil Control Mattifying Moisturizer, which stops me getting dust on my face on the tube.'
Hair 'My hair is curly – I don't like it to look too wild, so I wash it with Fudge Smooth Shot Shampoo, a leave-in conditioner and a moisturising wax like Sebastian Professional Shine Crafter.'
Scent 'Christian Dior Sauvage. It's fresh and has an untamed, manly scent.'
Man-to-man tip 'I go for a run at midnight every three days, just to reflect. It's so peaceful.'



MODEL: IBRAHIM VAN DEN BERG AT MODELS 1.
IBRAHIM WEARS: COAT AND SWEATER, BOTH GIVENCHY

DALSTON GENT

Ibrahim Van Den Berg says: 'Emphasise your self-expression, because it's unique to every individual.'
Go-to hero products 'I look after my body the most. I go to the gym every day. Four of those days, I swim – it's great to de-stress. I use Dermalogica Daily Defense SPF15, and Dior Homme Dermo System Repairing Moisturizing Emulsion, and I will always stand by Vaseline [Healing Serum Radiance Restore]. It's the Nike of the beauty world. I shave daily with a Gillette Fusion ProGlide Power Razor, as I don't like any stubble at all.'
Hair 'I use TRESemmé Deep Cleansing Shampoo, £3.69, a Kent tortoiseshell comb, and Fudge Hair Varnish, £10.16, to tame the fluff.'
Scent 'Shay & Blue London Oud Alif. I'm drawn to Arabic oud, as my dad is half Muslim-Indian.'
Man-to-man tip 'Go for a sauna or steam every other day. It's the secret to keeping my skin clear.' ▶



MODEL: JIMI BARKER AT SELECT MODEL MANAGEMENT. JIMI WEARS: CARDIGAN, SAINT LAURENT; NECKLACE, ZOE & MORGAN

HIPPIE HIPSTER

Jimi Barker says: 'I'm a product of travelling, so I'm relaxed when it comes to grooming. That's the way I like it.'

Go-to hero products 'There's a stigma around guys using grooming products, so I shower with crushed berries when I can afford them – joke! I actually use Palmolive Naturals Delicate Care Shower Milk With Almond And Moisturising Milk. I always apply sunscreen (a habit from Oz). I love Sun Sense Ultra SPF50. I also use Dove Men + Care Moisturiser Hydrate, on my body.'

Hair 'I get away with washing my hair once a week, any more than that and it gets fluffy, which feels nicer but doesn't look as good. I use Head & Shoulders For Men, as it stops my head itching.'

Scent 'Paul Smith Essential is fresh and smells like a sea breeze, so I wear that.'

Man-to-man tip 'I like to look a certain way for myself. Be who you want to be.' ■

Grooming by Marco Antonio using Dior Homme Dermo System. Hair by Jody Taylor at Premier using Fudge Professional. Nails by Glenis Baptiste using Dior Vernis Manicure Collection and Dior Capture Totale Hand Cream

THE KIT

Perfect products for the man in your life, whatever his type





THE ATHLETE

Ultrasun Sports Transparent Sun Protection Gel SPF20, **£23**; Dior Homme Deodorant Spray, **£25**; Fudge Matte Hed Gas at Fudgehair.co.uk, **£10.95**; Michael Kors Extreme Blue EDT at Galaxyperfume.co.uk, **£63** for 120ml; Murad Razor Burn Rescue at Urbanretreat.co.uk, **£35**; Neville Shave Cream at Johnlewis.com, **£14**





THE ROCK STAR

Aveda Men Pure-Formance Shampoo, **£18**; Captain Fawcett Ricki Hall's Booze & Baccy Beard Oil at Amazon.co.uk, **£13.25**; Mizani Edge Taming Gel at Tonyandguy.com, **£9.50**; Perricone MD Hypoallergenic Nourishing Moisturizer, **£62**; Terryfic Oud Terry de Gunzburg Paris EDP at Selfridges.com, **£145** for 100ml





MR CLEAN

Clarins Men Exfoliating Cleanser, **£21.50**; Dior Homme Eau For Men EDT, **£67** for 100ml; Kiehl's Ultra Facial Moisturizer, **£24.50**; Neal's Yard Super Food Organic Virgin Coconut Oil, **£9**; Philips Hair Clippers Series 9000, **£74.99**; Arm & Hammer Advance White, **£3**





COUNTRY BOY

Clinique For Men Oil Control Mattifying Moisturizer, **£25**; Christian Dior Sauvage EDT, **£50** for 60ml; Fudge Smooth Shot Shampoo at Fudgehair.co.uk, **£10.45**; No 7 Energising Face Scrub, **£8.50**; Sebastian Professional Shine Crafter, **£17.50**





DALSTON GENT

Dior Homme Dermo System Repairing Moisturizing Emulsion, **£37**; Gillette Fusion ProGlide Power Razor, **£15**; Vaseline Healing Serum Radiance Restore, **£7.99**; Shay & Blue London Oud Alif at Shayandblue.com, **£55** for 100ml; Kent tortoiseshell A 2T Comb at Lookfantastic.com, **£4.20**; Dermalogica Daily Defense SPF15, **£37.25**





HIPPIE HIPSTER

Dove Men + Care Moisturiser Hydrate +, **£8.99**; Head & Shoulders For Men; **£4.99**; Palmolive Naturals Delicate Care Shower Milk With Almond And Moisturising Milk, **£1.99**; Paul Smith Essential EDP, **£38** for 100ml; Sun Sense Ultra SPF50 at Amazon.co.uk, **£13.64**

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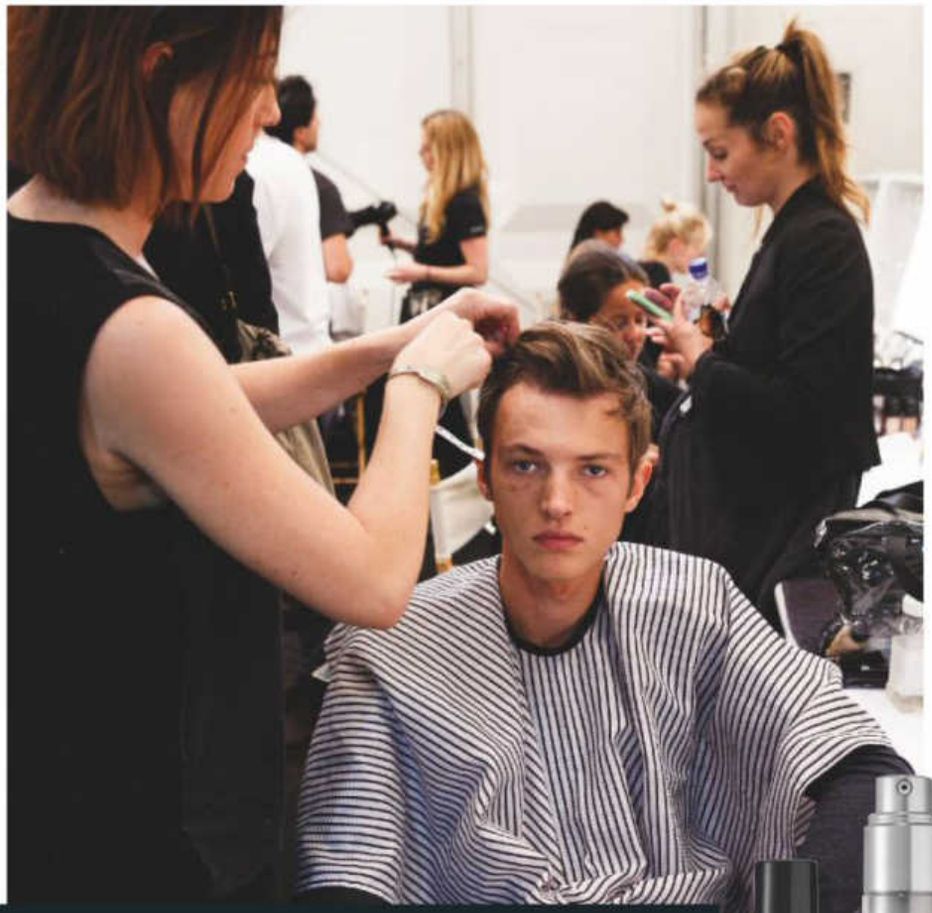
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PROBLEM? ASK THE EXPERTS

Yes, men have beauty dilemmas too. We asked grooming editors for their advice on some common woes









Joseph Kocharian
Attitude

Q. *I've just started hitting the gym hard and I've developed a case of bacne. I'm showering, so what's the problem?*

JOSEPH: It's definitely sweat related. Firstly, address your kit and upgrade to sweat-wicking fabrics (like CoolMax and Dri-FIT). Start showering immediately after your workout using an acne-specific cleanser like Vichy Normaderm Deep Cleansing Purifying Gel, £11, to clear away excess sebum and impurities. At night, use a salicylic acid-based product like Dermalogica Medibac Overnight Clearing Gel, £41.75, to get rid of any dead skin cells that can clog your pores.

@JosephKocharian



Lee Kynaston
Groomingguru.co.uk

Q. *My shaving bumps are out of control – they're really painful and leave marks. I have dark skin and Afro hair – what can I do to stop them?*

LEE: Those bumps are ingrown hairs and occur when hairs grow back on themselves after shaving, curling back into the follicle – and they're especially common in Afro-Caribbean skin because of hair's natural curliness. They're painful and as you've experienced, they can scar, which leads to hyperpigmentation, especially on darker skin. To minimise the risk of ingrown hairs, exfoliate regularly with a face scrub to free hairs that are getting trapped under dead skin cells, and always shave in the direction of hair growth. After shaving, apply a product like Jack Black Bump Fix, £26, which is especially designed to treat the bumps. Switching from razor blades to an electric shaver often helps, too. Hyperpigmentation can be reduced with a serum, such as Clinique For Men Dark Spot Corrector, £42.

@grooming_guru



Alex Harris
Men's Health

Q. *I'm starting to lose my hair and it's really getting me down. Can anything be done to stop it, aside from expensive transplants?*

ALEX: Here's a hard truth – there's no proven baldness cure. Firstly, understand that it looks worse to you than it does to anyone else, so don't stress. After all, telogen effluvium – stress-induced hair loss – will only make things worse. Next, make the most of what you've got. An experienced hairdresser will tell you that short and sharp is best; long hair accentuates thinning areas, as do side partings. Style with a sea salt spray like Label.m Sea Salt Spray, £13.75, that adds texture to your locks without greasiness. Finally, you could try iGrow, £595, a system that uses lasers to stimulate follicles and slow their decline. The key is to react quickly. Once the hair is gone, I'm afraid it's gone for good.

@alexowenharris

COMPILED BY ANITA BHAGWANDAS. PHOTOGRAPHS BY GETTY IMAGES. STILL LIFES BY PIXELEYES



1. Moroccanoil Hydrating Shampoo, **£16.55** 2. Hugo Boss The Scent Deodorant Spray, **£25** 3. Hugo Boss The Scent EDT, **£64** for 100ml 4. Neville by Cowshed Badger Brush & Stand, **£105** 5. Neville by Cowshed Shaving Soap, **£10** 6. Aēsop Coriander Seed Body Cleanser, from **£17** 7. REN Rosa Centifolia Cleansing Gel, **£14** 8. REN Multi-Tasking After Shave Balm, **£22**

MY BEAUTY RULES

THEO JAMES

The English actor talks beard maintenance, top knots and why you won't catch him having a facial any time soon

If an occasion calls for a suit, *then* I'll wear a fragrance. I think it's nicer to wear a scent occasionally. I like a fragrance that smells masculine, so I wear Hugo Boss The Scent EDT. It feels rich but has dark undertones, too.

I'm also picky about women's perfumes. I'm not a huge fan of anything floral, with too much lavender, or anything too citrus. I like darker, moodier fragrances.

When it comes to tattoos, I think you should go big or not bother. I have [temporary] tattoos on my back in the *Divergent* movies – it takes an hour or so to have them applied. I don't have any tattoos myself. I always thought I would get one but, actually, now I'm kind of OK with not having any. I'm just not sure they would suit me.

When I have a beard, I don't do much to look after it. I tried a product once and it just made it really oily. I can't let it get too long though; when it's had a few weeks' growth it gets quite ginger.

There is a ritual to a good shave. You need a new razor that's sharp and you have to build up a good pre-shave lather. Then you need one of those aftershave balms so your skin doesn't feel too fucked.

Training for the *Divergent* films requires a very extreme regime. I generally keep myself fit, but my character has to look a certain way, so I have to step it up a notch. It's difficult, either because there's only a short period of time to do it in, or because I'll be doing another movie where I'm not supposed to look like that. Basically, you have to work really hard and force yourself to eat *a lot*. I'm not a fan of the gym, but weight training is the quickest way to put on the pounds.

I've boxed for a long time, I do it for fun. I love all the things that go along with boxing – you wrap-up, you put on the headgear, you spar, you skip, hit the speed bag, hit some pads. I go to the same place in London, another place in New York and another in LA. So when I touch-down, I often know where I'm going to go. They're local boxing spots – you know, a bit grimy but very atmospheric.

California is very... *California.* The top knot? They love that shit! I'm not a huge regime dude, but I'm a big fan of REN skincare products, they're really good. Otherwise, I'm pretty simple. I like to use Hugo Boss The Scent deodorant, and at home we have that fancy Aēsop soap. I'm usually happy to use whatever products are in the hotel or lying around, but a mate recommended Moroccanoil shampoo, so I've been using that, too.

I'm definitely not into getting my nails done. And I'm really not into facials. For a film once, I was told that I should go for a facial, because it was a period movie and they would be doing a lot to my face – basically I needed to clear my shit out. So I went and, ah, it was so unpleasant. [The therapist] was kind of aggressive with me. Not my cup of tea at all.

I'm an impatient cook. I do have to be vigilant with what I eat and, on the whole I would say I'm healthy – minus the alcohol. If I have to cook, it's usually grilled chicken. Otherwise, I like to head out. When I'm at home in London, we go to a local pub called The Drapers Arms.

INTERVIEW BY SUZANNE SCOTT. PHOTOGRAPH BY REX FEATURES. STILL LIFES BY PIXELEYES


Ultimate Blends
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BLENDED WITH ROYAL JELLY HONEY AND PROPOLIS
Our Honey Treasures collection for damaged hair that feels strengthened and restored.
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Ultimate Blends
CONDITIONER
The strength resto
HONEY TREASURE
DAMAGED HAIR
NEW
GARNIER
Ultimate Blends
SHAMPOO
The strength restorer
ROYAL JELLY
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HONEY PROPOLIS
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The strength restorer
serum
HONEY BEE PROPOLIS
GARNIER
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Blended for naturally beautiful hair

A MAN'S WORLD

Men and cosmetics are merging...

Pretty boys

The term 'men's cosmetics' has risen by 55.3 per cent on Korean social media since 2014. It's thought 'pretty' Korean boy bands are behind the surge.

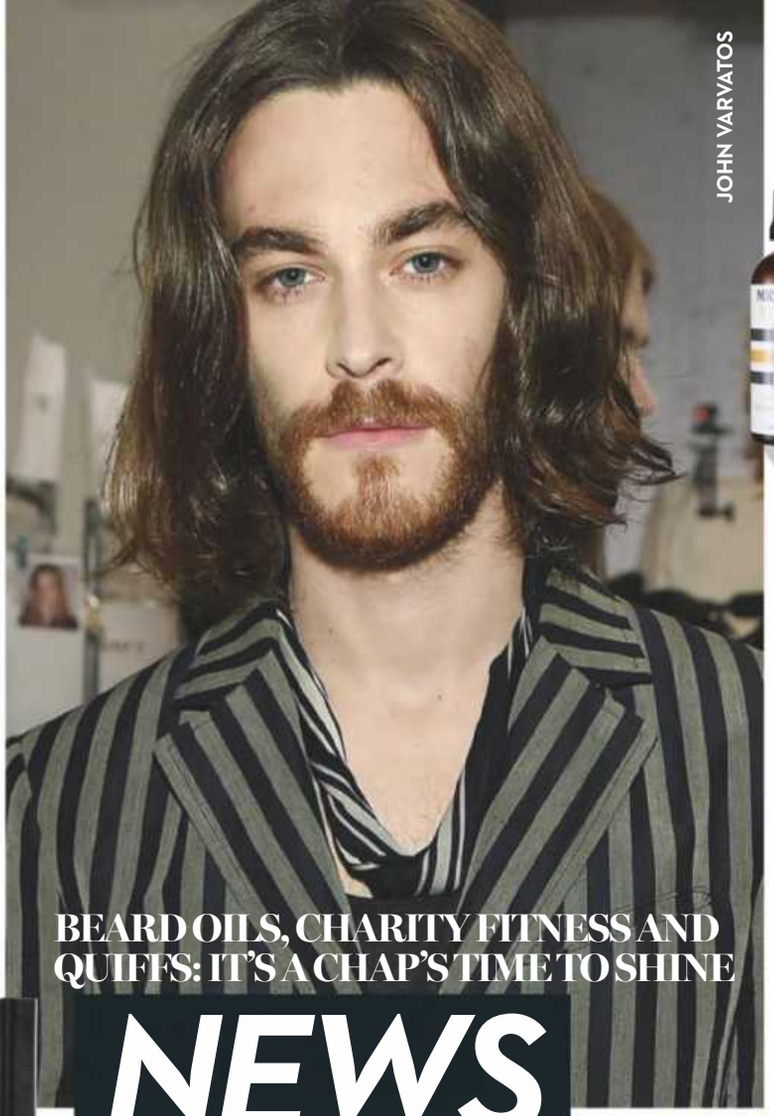
BB for blokes

This pore-concealing, skin-smoothing, tinted BB cream (below, £36) is on the right side of the make-up fence.

Face book

Men in make-up = drag, right? Wrong. Pick up David Horne's *The Art Of Male Makeup* (£25, House of GlamDolls).





JOHN VARVATOS

BEARD OILS, CHARITY FITNESS AND QUIFFS: IT'S A CHAP'S TIME TO SHINE

NEWS FLASH!

MOVE IS A 30-DAY FITNESS CHALLENGE STARTED BY THE MOVEMBER CREW TO RAISE FUNDS AND AWARENESS FOR MEN'S HEALTH. SO IF HE WANTS TO GET INVOLVED (WITHOUT GROWING A HANDLEBAR MOUSTACHE), SIGN UP AT MOVEMBER.COM FOR MORE DETAILS.



GREASE LIGHTENING

The quiff is officially back. At Belstaff and Coach, a number of Danny Zuko-inspired looks traversed the catwalk in a nod to old-school cool. Legendary coiffeur Mr Ducktail, of rockabilly barbers It's Something Hells, gives us the low-down:

1. Shampoo hair thoroughly.

2. Blow-dry hair using a medium-sized round brush to add volume at the front. Keep it flat at the sides.

3. Now, apply grease. Create a 'slick back', where all the hair is greased back, and then inject volume at the front by pushing hair forward or backcombing it. Rock on.



LIQUID ASSETS

Hair oils have been loved by us ladies for years, but now it's the guys' turn, thanks to a new trend for beard oils. These super-nourishers are ideal for dry and brittle hair because they're concentrated to penetrate deeply. They also smell delicious, which is a bonus for everyone involved.

Mrs White's Beerd Oil, £20

Made with aromatic Kentish hops, this nourishing treatment is as manly as you can get.

Penhaligon's Sartorial Beard Oil, £45

This fast-absorbing oil is gently fragranced with the brand's iconic Sartorial scent.

Apothecary 87 The Unscented Beard Oil, from £8

A seed-based oil that's ideal for both skin and coarse facial hair.



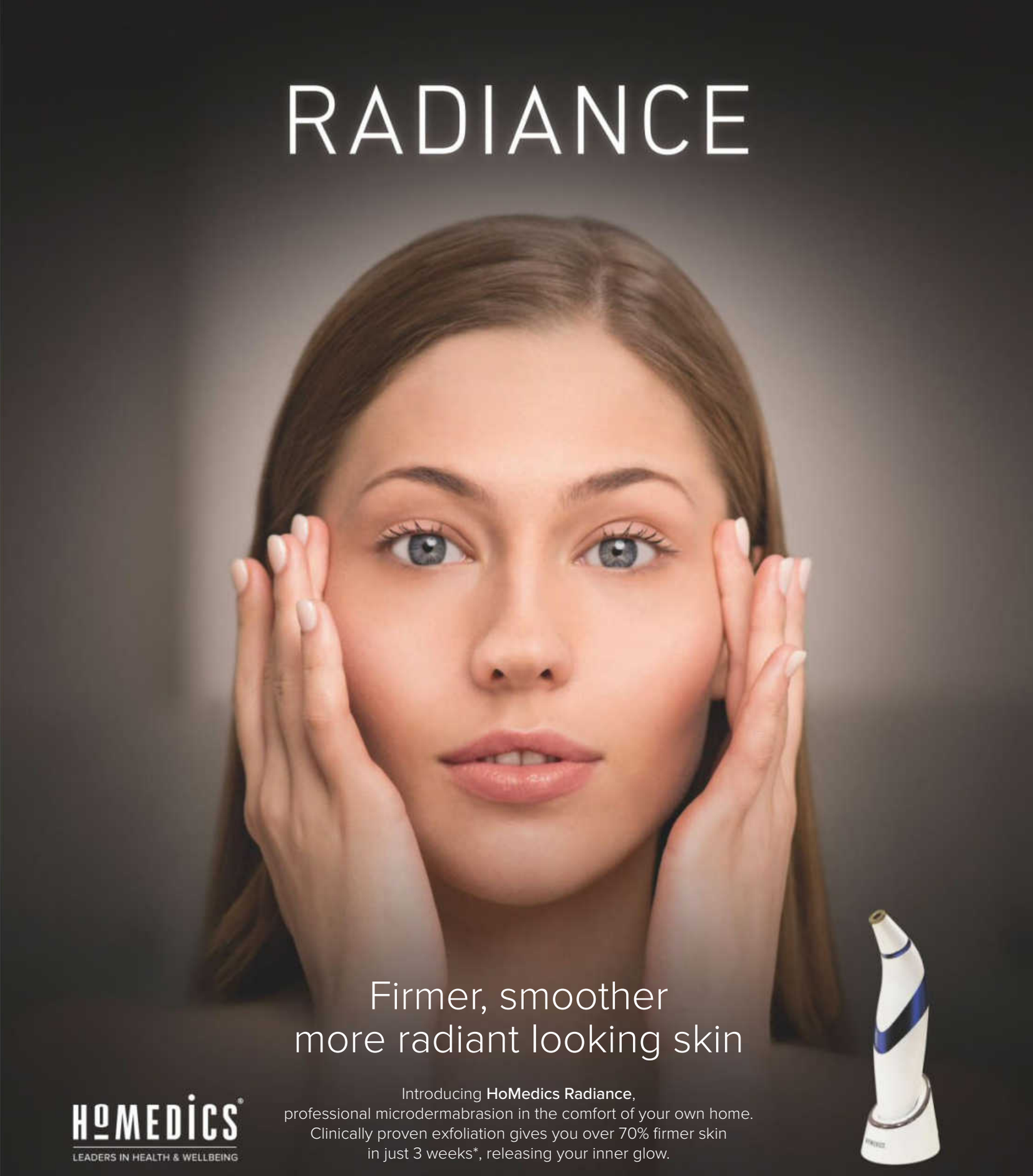
EASTERN INSPIRATION

We're sold on beauty from the East – and we're sure the boys will be, too. Part of the brilliant gender-neutral skincare range by John Tsagaris, SkinPointEight Age Adapt Daily Moisturiser, £290, utilises traditional herbal medicines. On the more affordable side, we love Rituals Tao Qi Chinese Mint and Yi Yi Ren Relaxing Serum, £11.50. Apply to temples when tired – the cooling menthol is heroic.

WORDS BY ANITA BHAGWANDAS. PHOTOGRAPHS BY GETTY IMAGES. STILL LIFES BY PIXELEYES


Ultimate Blends
MARVELLOUS RITUAL
BLENDED WITH ARGAN AND CAMELLIA OILS
Our Marvellous Ritual transforms dry, dull hair into hair that looks nourished and with a lasting shine.
GARNIER
Ultimate Blends
CONDITIONER
DRY, LIFELESS
GARNIER
Ultimate Blends
SHAMPOO
The marvellous transformer
with argan & camellia oils
DRY, LIFELESS HAIR
GARNIER
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GET YOUR OWN!

If your man helps himself to your moisturiser with annoying regularity, it's time to get him educated. Leave this piece where he can read it – it's for his own good

Words by SUZANNE SCOTT

MEN ARE GETTING INTO SKINCARE in a big way. Market analysts at Mintel have reported a 45 per cent jump in sales of men's products between 2005 and 2010. Maybe it has something to do with advertising, maybe it has *everything* to do with the #selfie – who knows? What's true is that while some men are confident enough to buy their own products, we're willing to bet our Crème de la Mer that most of you are more into 'borrowing' your partner's. And why not? Well, women's products are designed for women and – spoiler alert – your skin is nothing like that of a woman's.

Consultant dermatologist Dr Stefanie Williams explains: 'Men's skin has its own hormone metabolism, hair growth, sweat rate, sebum production and skin surface pH. On average, it's more robust, apart from the beard area, which suffers irritation from frequent shaving.'

So, your complexion needs its own purpose-formulated products, but if the skincare aisle terrifies you more than watching your team in the FA Cup Final, we've got you covered.

OILY SKIN

Step away: If, come 3pm every day, you could fry an egg on your face, slathering on your girlfriend's face cream isn't going to help. 'Right up until the age of 50, men's transepidermal water loss is significantly lower than that of women,' explains Dr Williams. 'This means the skin's barrier function is better in men, and they suffer less dryness.' Basically, your skin is able to hold on to moisture better than ours, and you need less emollients, as too many can cause blocked pores and spots. ▶



The fix: Bypass your girlfriend's weapon of choice and opt for an oil-free alternative, such as **Tom Ford Oil-Free Daily Moisturizer For Men, £75.** It's still a moisturiser, it will just help take care of that shine issue. For something even lighter, try **Clarins Men Revitalising Gel, £32.** It contains hyaluronic acid (found naturally in the skin) so it gently moisturises, but the gel formula means you can barely feel it.

MEN'S GROOMING



ENLARGED PORES

Step away: On average, men have larger pores than women, so they're more visible. Pores produce valuable sebum to keep skin healthy, but with age they become clogged with dead skin cells and dirt, which makes them irregular in shape and even more noticeable. Her mattifying product might help temporarily blur your pores, but it won't get to the root of the problem.



The fix: Use a foaming cleanser containing salicylic acid – it reins in excess oils, lightly exfoliates and keeps pores clean. **Lab Series Oil Control Face Wash, £23,** is the best and can be used twice a day. If your pores need something more, apply **Perricone MD Intensive Pore Minimizer, £49.50,** with a cotton pad. It contains glycolic acid to exfoliate your skin of excess oils that could be making your pores appear larger than they are.

WRINKLES

Step away: We're loathe to admit it, but men's skin does age slower than women's skin. It contains denser collagen so it's thicker, it's also oilier and better moisturised, so it shows signs of age much later than ours. When time *does* catch up with you, however, it will in a big way. Your lines and wrinkles will be more pronounced, because your facial bone structure is different. Brow furrow and marionette lines (from the sides of your nose to the corners of your mouth) are likely to be your biggest foes.

As a rule, men tend to be less diligent with sun protection and UV rays cause wrinkles. It's time to get over your aversion to applying SPF.



The fix: Try **Kiehl's Facial Fuel Heavy Lifting Anti-Wrinkle Moisturizer For Men, £38.** It's formulated for men's thicker skins, and contains linseed extract to firm and vitamin C to counteract some of the free-radical damage caused by UV. Introduce eye patches into your regime, too – they're great on laughter lines. Use **Shiseido Benefiance WrinkleResist24 Pure Retinol Express Smoothing Eye Mask, £59.** You might look a little funny with one of these on each eye, but they speed up cell renewal and soften creases.

ACNE

Step away: 'Oil production is higher in men's skin, so they have a greater tendency for acne,' says Dr Williams. Whereas women might get hormonal breakouts at certain times of the month, your excess sebum can block pores and trap dead skin. That's breakout central. Your girlfriend's run-of-the-mill moisturiser won't control the sebum, and sharing bacteria back and forth, when your skin is inflamed and speckled with spots, is a recipe for disaster.



The fix: What you need is a moisturiser that speeds up cell turnover to keep pores clear of acne-causing debris. Try **Murad Blemish Control Skin Perfecting Lotion, £34.** It contains retinol, which regulates oil production and accelerates the cell-shedding process. It's best applied at night, as it does make your skin more sensitive to sunlight. If your pores are clogged, use **Clinique for Men Sonic System Cleansing Brush, £79,** which has charcoal-infused bristles to – like a magnet – attract debris, lift dirt and exfoliate.

IRRITATION

Step away: Your skin is thicker, coarser and stronger than a woman's so, for the most part, it's less likely to become inflamed. But if the hairs all over the bathroom sink are anything to go by, you shave your face *a lot*. Like, every damn day. You've probably coped with inflammation and heat post-shave countless times, and skin that's been through that often needs more care. ■



The fix: This requires a double-pronged approach: Apply an oil to your skin first to allow your razor to glide over smoothly – five drops of **Decléor Aromessence Triple Action Shave Protector, £41.50,** under your usual shaving gel will reduce friction from the blade. **Origins For Men Fire Fighter, £18,** contains chamomile and cucumber, and should be applied after to cool inflammation. **Elemis Pro-Collagen Marine Cream for Men, £55,** is a final treat – as well as firming ingredients, it calms and soothes.

PHOTOGRAPHS BY TRUNK ARCHIVE. STILL LIFES BY PIXELEYES

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Sure Compressed may be small enough to fit in your bag, but it lasts as long as the big can and will keep you fresh all day

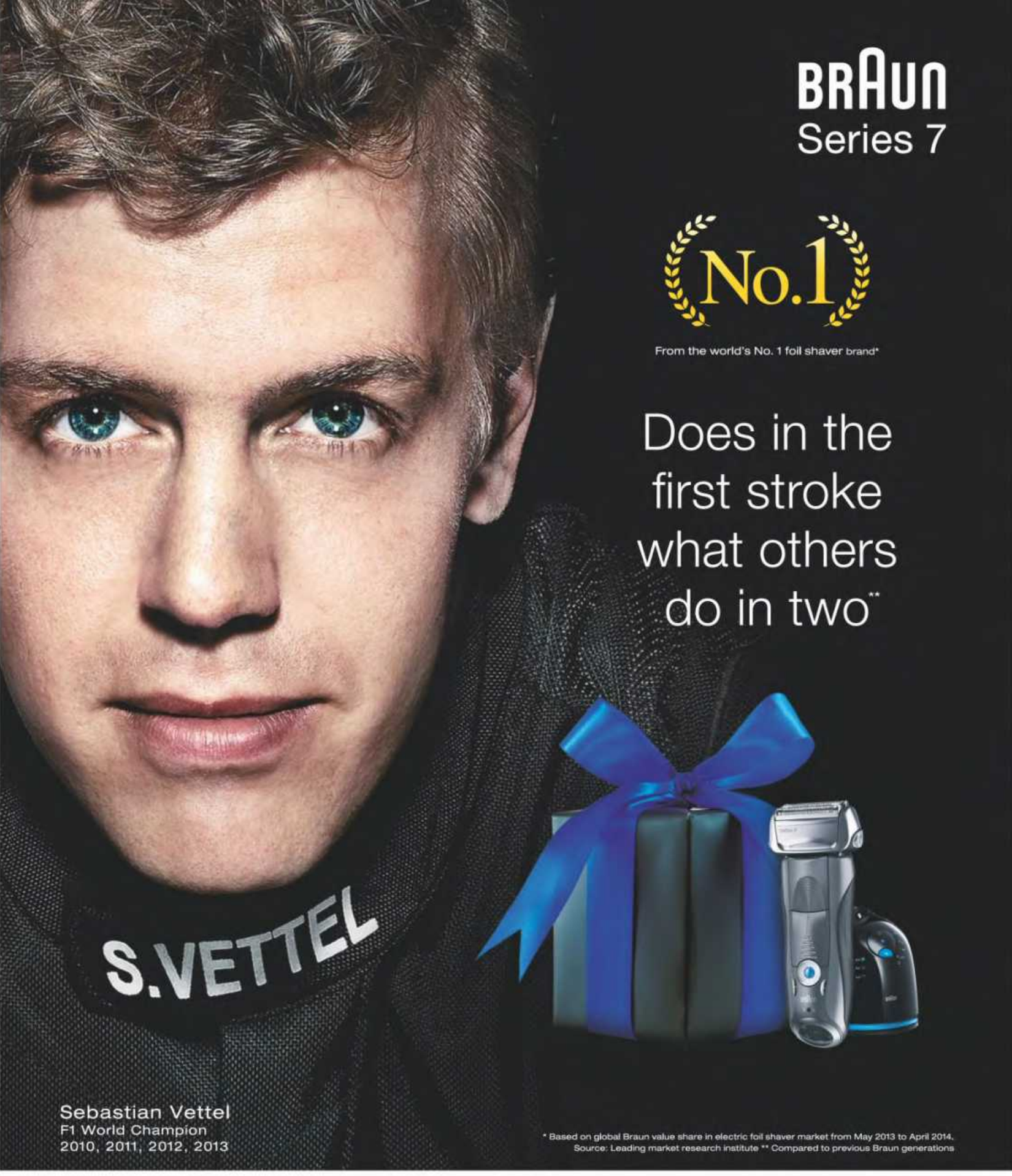
ANTIPERSPIRANTS DON'T GET MUCH cooler than Sure Compressed – and Kimberly Wyatt should know. Dancer, choreographer, mum, ex-Pussycat Doll and all-round person on the go, she relies on it to keep her fresh, dry and protected from her morning workout to late into the evening. But exactly how does the smaller, smarter can last as long and work as hard as the big one? It's simple. Both the 125ml Compressed and the 250ml big can have the same amount of protection in every spray, but Sure Compressed has half the gas, resulting in a smaller can. See, we told you it was cool. So go on, join the nine million women who've chosen a Compressed antiperspirant already. You won't be disappointed and there's even a money back guarantee that Compressed will last as long when used in the same way as the big can.*

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Both the Sure Compressed Shower Fresh and the Sure Compressed Cotton Dry are available at all leading retailers nationwide (125ml retails at RRP £3.29***). For more information, visit suredeodorant.co.uk

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BARBERS ARE BACK

Haircuts for men have always been pretty basic, but a new generation of hip salons is opening up, catering for blokes with more of an agenda. And not a word about something for the weekend

Photographs by NATHAN PASK
Interviews by ANITA BHAGWANDAS



'MEN CARE MORE ABOUT THEIR LOOKS THAN WOMEN DO NOW'

JACK DELANY is a junior barber at BrBr Bullet in west London and thinks that men are definitely becoming more 'looks-orientated'.

I've always been into hair and styling. When I was 15 years old, I worked part-time in Toni & Guy, but it wasn't until I started going on tour with my band, The Eyes Of A Traitor, that I really started getting practical experience. I used to cut my bandmates' hair – not just because I knew how to, but because I had a sense of style and what suited people. After eight years, I eventually got bored with the constant drinking and travelling that comes with touring, and so I went back to my plan A – hair.

I 'changed' overnight after the band ended. I enrolled in a hairstyling course at college while working part-time, and assisted at a local barbershop, too. A friend had seen BrBr Bullet, said she thought it looked cool, and suggested that I got in touch about work. So I did – and I mean, I *really* did. I hounded the owners Benjamin May and Martyn Gayle on Instagram, email and Facebook.

I think men are realising that just by changing your hairstyle, you can become a completely different person. They care more about their looks than women do now. There are so many things available to us that never used to be in terms of products. A lot of younger guys are asking for a shaved head, but with those 90s curtains – personally, I hope that's a look that doesn't catch on. My grooming icons are Johnny Depp and Tom Hardy. They change their styles a lot, but they always look good.

You learn from watching. I don't think I really learned anything in college, but watching Ben and Martyn has taught me so much. That's a great rule for life – if you want something, don't be afraid to hassle people. You *need* to piss people off a little bit so they remember you. ▶

Visit brbrbullet.london; @brbrldn; @thejackdelany

JACK'S STARTER KIT FOR THE MODERN GENT



Bear Face Bare Mo'Wax: Scoop & Twizzle, £10
Beards and moustaches need a special wax because the hair is coarser – this smells great.



Cock Grease Extra Stiff 'Keep It Up All Day' Hair Pomade, £7.95
If you're doing a more stylised look, this is thicker than your usual hair product. This company also offers one called Beaver Cream for the girls. Subtle!

Cock Grease Extra Hard Water Type Hair Pomade, £7.95
This is better for curly hair, as it's less stiff than other varieties of wax.

Framboise Noire

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'I TRIM MANY BEARDS ON A DAILY BASIS'

KLARA VANOVA is owner of Barberette in London's Hackney, and aims to completely change the way we think about barbershops.

My mother was a hairdresser. When I was growing up in the Czech Republic she warned me against entering the trade, saying, 'It's such hard work, don't do it'. But I did, and after studying for my degree, I moved to the UK to follow my dream. I trained under London barber Mucktaru Kargbo as an apprentice. Then, three years ago, I opened my own shop which was a real milestone for me.

My barbershop is gender-neutral, meaning that clients can have the haircuts they really want, regardless of gender. I would never suggest that you have to have your hair a certain way because you're male or female. Men can have long hair, just as women can have short hair – the old way of charging by length and style is just old-fashioned. Because my shop is situated off a main street, I usually rely on word-of-mouth recommendations, but every single day I get new clients who say that their barber or hairdresser refused to cut their hair short or didn't know how to trim longer beards – I fill that gap.

London is the perfect location for my shop – it's a very open-minded and diverse city. That's part of the reason I cater to so many specialities personally. I'm trained in Afro and Asian barbering and work with lots of transgender or transsexual clients who come to me for a great service, regardless of their gender.

Facial hair has been a trend for men in the last few years – and it's still growing. I trim many beards on a daily basis. A popular look I've noticed in women's hair is short and shaved styles, inspired by the likes of Australian actress and model Ruby Rose who stars in *Orange Is The New Black.* She's an icon in the LGBT population, but lots of straight women who love short hair want her look, too. That's why I love what I do, it's about blending diversity together. ▶

Visit barberette.co.uk; @BarberetteKlara



KLARA'S MUST-HAVE HAIR KIT

Prospectors Pomade, £16.99
This is the best wax in the world! It stays put without becoming greasy and tames frizz for a sleek look.

Schwarzkopf Professional Osis+ Flex Wax Texture Ultra Strong Cream Wax, £10.75
This stuff is nicer for more relaxed hairstyles. It adds texture without stickiness.

Lush Dirty Styling Cream, £6.99
This product is vegan, which my clients love, and it moisturises while adding definition.



'MOUSTACHES ARE THE NEXT BIG THING'

ALEX'S BEARD-MAINTENANCE HEROES



Murdock Horn Brush, £25
A mini brush helps to keep your beard in shape, and ladies can use it as a fringe brush, too.

Murdock Beard Shampoo, £20
This beard cleanser is pH-balanced so it's really gentle on the skin, and is great for untangling any knots.

Murdock Beard Conditioner, £20
Nobody likes a scratchy beard, so keep it soft with this wheat protein-infused conditioner twice a week.

ALEX GLOVER is master barber at Murdock London. For him, the way forward is a blend of old and new approaches to grooming.

I love that old-school approach to grooming. My dad used to tell me that in his early twenties – in the 60s – he would spend his money on getting suits tailored and going to the local barbershop every week to get his quiff blow-dried. It sounded like something men had lost, which is why I went into barbering.

Barbering has become big business. At Murdock, we started off with just two chairs in our Shoreditch shop, and since then we've opened several locations across the capital due to high demand. It shows that men are returning to the barber's chair for their grooming needs, much like they would have done 50 years ago.

We work with a lot of beards. One of our original barbers grew a really long beard, and clients would comment on it and ask how they could grow theirs longer. That's how men work – we're visual creatures, so if something looks good, we want it. We get plenty of new beard growers in the shop, so the trend isn't going anywhere.

Sometimes men try to grow a beard, but unfortunately their hair isn't thick enough, so it doesn't work. You have to let people down – so many guys want to have a beard like model Ricki Hall [see him on page 286], but it doesn't work for everyone, sadly. You have to know what suits you.

You do need special grooming products. Around four years ago, men weren't washing their beards as much as they do now, probably because the products weren't around. Now, the men who come to see us know that they need a special cleanser on it to keep it soft – plus, the softer it is, the more your wife or girlfriend will appreciate it!

I keep hearing people say, 'Is it game over for beards?' I don't think so. This obsession with the *Game Of Thrones* look, or just the idea of reclaiming that bit of your masculinity is popular, and having a beard is more comfortable than shaving every day. Another trend I've noticed is moustaches that are slightly curled at the ends – I think that's the next big thing. ■

Visit murdocklondon.com; @Murdocklondon

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TRANSFORMERS

With charm, style and blatant good looks, these guys have it all, but have they always been so hot? We chart their rise from boy-next-door to ultimate heart-throb

BRAD PITT













1997 Accompanied by then girlfriend Gwyneth Paltrow, Brad sported a bleach-blonde fringe at *The Devil's Own* film premiere in New York. So boy band.

2000 Bronzed, blonde and clean-shaven at The Oscars, Brad was the perfect gentleman in black tie.

2002 Desert-island chic? We're not sure this was Brad's best look, but who are we kidding? We still wouldn't say no.

2005 Brad is rough and ready with a bleached crop and biker jacket at the *Mr & Mrs Smith* premiere.

2007 Looking as dapper as his character, Rusty, in the *Ocean's Thirteen* movie he was promoting, with slicked-down, side-swept locks.

2015 Brad was the picture of cool at the Sundance Film Festival. The trilby could have seemed a bit try-hard, but with Brad it just works.

JOHNNY DEPP













1990 Chiselled Johnny is a rockabilly, heart-throb in a leather jacket and slicked-back hair combo for his leading role in musical film *Cry-Baby*.

2001 'Messy rocker' is our favourite Johnny hairstyle. It gives him a moody, mysterious look, almost as dark as the plot from the *From Hell* movie he was working on at the time.

2004 Positively glowing and armed with his Oscar nomination, Johnny looked dapper for his red-carpet appearance, with soft, floppy curtains and a rare clean-shaven skin.

2010 Johnny has discovered guy-liner. Looking very much the bohemian artiste, he teamed a moustache with multiple neck scarves and a striped blazer.

2013 Part mad scientist, part 90s boy-bander, Johnny seemed a little confused at the premiere of *The Lone Ranger*.

2015 Johnny has perfected his style here. Bronzed and fresh-faced, with just a hint of his *Pirates Of The Caribbean* character in the form of layered necklaces and earrings. We love.

LEWIS HAMILTON













2007 You could mistake baby-faced Hamilton for a lost school boy, here. Grey cardi, white sports polo and gold chain isn't his greatest look – sorry, Lew.

2011 Four years on and Lewis is noticeably neater. Hang on, is that mascara we spy?

2014 Against all logic, Lewis's hair is suddenly very full and thick. Hmm, we're suspicious.

2014 Later on in the year, Lewis tried an elegant look with tidy facial hair, geek-chic glasses and, might we just add, eyebrows on point.

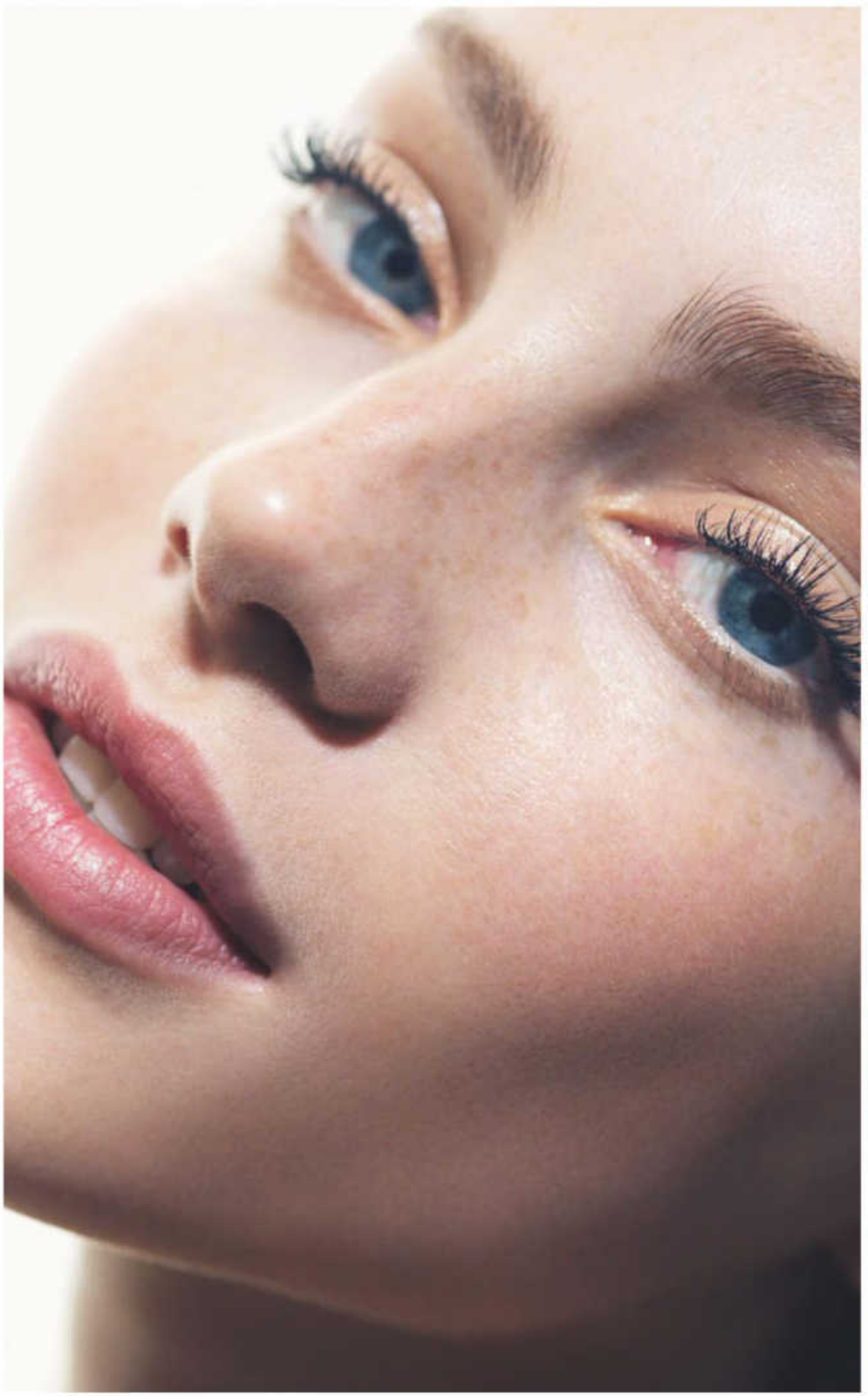
2015 Loving the sunnies, but the stripy brown hair highlights? It's a no from us.

2015 The hair is blonder, the diamonds are bigger – Lewis's transformation to hot boy racer is complete.

WORDS BY CHARLOTTE CLARK. PHOTOGRAPHS BY REX FEATURES

WINTER BEAUTY SOLUTIONS

Keeping your skin hydrated and your hair healthy over the dark days of December is now a doddle – and it's all down to Superdrug



ALREADY YOUR GO-TO PLACE on the high street for brilliant make-up buys, Superdrug has upped its game in the skin and hair-care categories with its high-performing own-brand range. Filled with beauty heroes to help you banish dry skin and hair, you'll be spoilt for choice. To make it easy for you, our panel of experts, including dermatologists and beauty bloggers, have got together to tell you what they're snapping up. Just turn the page to discover their picks…



EMANUELA CAMPALANI
A consultant at The Harley Street Dermatology Clinic



ANITA STURNHAM
GP and media doctor who combines NHS, private and TV work



EMMA WHITE TURLE
Celebrity make-up artist and beauty editor who creates red-carpet chic



KATE MURNANE
A blogger and vlogger on all things related to beauty and motherhood



SHONA VERTUE
Former gymnast and dancer turned personal trainer and yoga teacher



SUZANNE SCOTT
Marie Claire's beauty editor and moisturiser obsessive



JENNA WELLBELOVED
Product technologist on Superdrug's own-brand buys

hero hunters
EXPERT FINDS



Get ready to reclaim your radiance with the very best of Superdrug products, chosen by our panel of expert 'hero hunters'. Bye-bye dull skin



THE SKIN BRIGHTENER

Make-up artist Emma White Turle chooses the Clearly Youthful Retexturising Glycolic Peel-off Mask, £4.89

'This mask gave my skin a brighter appearance right away. The glycolic acid helps fade pigment marks and cimicifuga tightens up pores, giving you the ideal canvas for make-up. It's powerful, so anyone with sensitive skin should do a small test first and you should wear an SPF afterwards.'





THE EXFOLIATOR

Personal trainer and yoga teacher Shona Vertue chooses the Mini Facial Buffer, £1.99

'For a fitness bunny like me, exfoliation is crucial to keep my pores clear and my skin blemish free. It's also key to tackling dry, flaky winter skin. I've spent lots of money on big buffers, but this little one works just as well if not better. Use with your facial wash and massage in circular motions.'





THE CLEANSER

***Marie Claire*'s beauty editor Suzanne Scott chooses the Vitamin E Gentle Micellar Solution, £2.99**

'Properly cleansed skin is resilient to aggressors like harsh weather because it's better enabled to protect itself if it's not using all its energy to deal with grime. This micellar water tackles such grime and has a whole host of vitamins like A, B, E, F and H, plus horse chestnut extract, which together remedy dryness and nourish your skin.'



YOUR BEAUTY DILEMMAS SOLVED



Q. ***How can I prevent a dry, itchy scalp and dry ends during the winter months?***
Ana, 26

A. SUZANNE SCOTT, *MARIE CLAIRE*'S BEAUTY EDITOR, SAYS:
'Winter can be a trying time when it comes to our looks, but a scalp tonic will help improve hydration and the overall feel and health of your hair. Superdrug's Trichology Re-Balancing Scalp Tonic, £3.99, tackles itchiness, dryness and flakes, and is gentle enough to use daily without over-stimulating the skin.'





MORE HEROES

1. Vitamin E Moisture Boost Facial Serum, £3.99 Bumps up hydration *and* stimulates cell renewal.

2. Moisturises & Protects Anti-ageing Hand Cream, £1.49 Minimises the appearance of age spots and gives all-day hydration.

3. Optimum PhytoCellTec Swiss Apple Skin Renewal Serum, £12.99 Plumps skin from within, leaving it soft and supple.

4. Clearly Youthful Hydrating Day Serum, £4.89 Targets signs of ageing and helps blemish-prone skin.

5. Refreshing Aloe Antibacterial Hand Gel, £1.25 Kill bacteria and there's no medicinal smell.

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HEALTH NEWS

Get fitter from your laptop, take to the slopes and avoid the seasonal lard-fest

PUT IT DOWN!



We get it – the festive season is the time we chow down on things coated in sugar and mainline vodka like it's going out of fashion. It not only messes with our health but also our moods. 'When we eat junk food, it affects our dopamine or "happy" receptors,' says nutritionist Amelia Freer (above), credited with the health transformations of Boy George and Sam Smith. Here's how to navigate the festive food coma and come out on top...

Step away from the snacks

'Shovelling in calories that you aren't noticing is a waste, and snacks will raise your insulin levels, which helps the body store fat,' says Freer. **TIP: Stick to three meals a day – don't let canapés be on your radar.**



Start every meal with a mouthful of protein

'Even if it's a spoonful of cream with your mince pie or the cheese from your pizza, protein slows down your insulin spike,' she says. That in turn stops your blood sugar dropping, which causes you to feel sluggish. **TIP: Keep nuts in your bag and have those before you reach for a mince pie.**

Eat the rainbow

'If your plate is full of beige food, you're not giving yourself enough variety. The colours in vegetables are a powerhouse of phytonutrients that help to keep your mood steady,' explains Freer. **TIP: Take snaps of everything you eat during the day to assess whether you need a colour injection.**



JUST IN: Two of the world's best fitness experts are now streaming workouts online. Erin Stutland's Shrink Session (shrinksessionworkout.com) is a motivational dance sesh, while personal trainer Matt Roberts has launched Body.network, so you can work out at home. Feel the burn, then make a cuppa!



APP IT

Insight Timer

Pick from guided, non-guided, spiritual and all other manners of meditation-related brilliance with this calm-keeping app. And breathe... Free on iTunes and Google Play.



3 SKI-KIT HACKS

Whether you're a snow newbie or a slope pro, you need gear that goes beyond just keeping you warm

1. THE NEW SUPER-JACKET

Roxy has teamed up with French skincare brand Biotherm to create a fabric containing micro-capsules of antioxidants and moisturisers, which release their contents when exposed to friction, protecting the face and neck from the cold – now *that's* clever.

'Quinn' snowboard jacket, £250, Roxy

2. THE SWEAT-PROOF LAYER

Let's be honest, thermals get sweaty – ew! But the fibres in this super-soft ergonomic top (long to cover your back and it has a face-mask to keep you snug) are designed to stay fresh and inhibit odours all day.

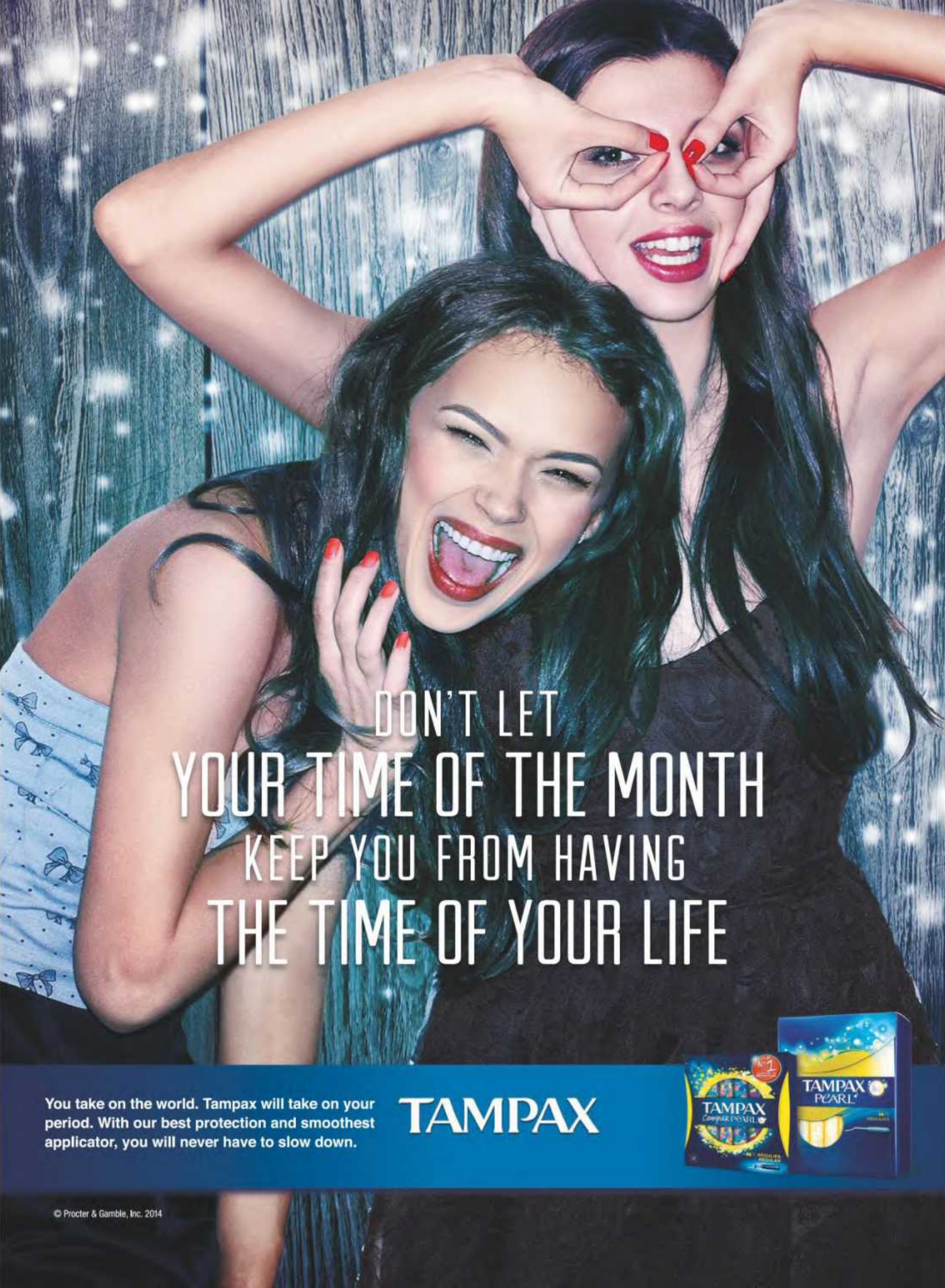
'Vallee Blanche Originals' warm baselayer shirt with facemask, £70, Odlo

3. THE MUST-HAVE BOOTS

Adjustable, affordable, luxuriously lined, ultra-waterproof and pretty damn cool? Yep, these boots tick every box this winter, whether you're holidaying on the slopes or navigating freak British snowstorms.

'Winter Carnival' boots, £85, Sorel

COMPILED BY ANITA BHAGWANDAS. PHOTOGRAPHS BY ALAMY, JONAS BRESNAN/TRUNK ARCHIVE. STILL LIFES BY NOHALIDEDIGITAL.COM


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ARE YOUR TEETH AGEING YOU?

Taking care of your smile is one of your best long-term beauty investments. *Nicola Down* explains the options

FORGET FILLERS, BRUSH OFF

Botox and throw your antioxidant-packed superfoods in the bin (OK, obviously don't do the last one, but at least bear with us). While cosmetic procedures take the limelight, you could be ignoring one of the most effective anti-ageing tools at your disposal.

'You can go to Pilates daily and drink your body weight in green juice, but if you don't show your mouth some care, you'll look older than you are,' says Dr Uchenna Okoye, clinical director of the London Smiling Dental Group (londonsmiling.com), who has perfected the teeth of countless celebrities and models. 'The colour, shape and health of your teeth are so important because they affect how you feel about yourself, too.'

THE POWER SMILE STATUS SYMBOL

The new age-defying smile isn't about the 'fake' look. There's brightness, but the look du jour is off-white, not a 'Whoa, where are my sunglasses?' dazzle. Yes, it's straight and symmetrical, but also natural-looking (or as near as it gets). It suggests that you've never chosen a lie-in over flossing, binged on Cadbury's or had red wine in your life.

But this healthy, youthful look doesn't come easily. 'There's been a steady increase in the number of young women with lifestyle-related tooth erosion,' says dentist Dr Katie Grimes (re-enhance.com). 'Juices, smoothies, herbal tea and health drinks can contain high levels of phosphoric and citric acid, as well as sugar, which triggers decay.' Take fruit tea – did you know some have been found to erode teeth as much as orange juice? And your Friday night prosecco? The bubbles are caused by carbon dioxide, which is acidic. 'Erosion causes chipping and even destruction of the teeth, but you also lose whiteness as dentine, which is naturally yellow, can be seen through the thinning enamel,' says Dr Grimes.

It's not just what you eat and drink, but how. Experts say the trend for grazing throughout the day is triggering ageing dental troubles. This is because the 'healthy' (but surprisingly sugary) snacks we're nibbling on like fruit, cereal bars and sweetened popcorn are making it hard for our teeth's natural defenses to do their job. 'When you graze on sugary foods, even small amounts, your teeth are under constant attack,' says Dr Okoye. 'When you have something sweet, within 30-40 minutes your saliva is working hard to neutralise the acidity, but it can't do that if you're grazing.' The solution? ▶

Save sugar-rich foods for mealtimes to dilute their effects or have your snacks all in one go. And eat something alkaline after something sweet (like raw veggies, breadsticks or nuts).

Then there's stress, which leads to dental no-nos like clenching and grinding (aka bruxism). Researchers estimate 30 per cent of us suffer, causing a plethora of ageing problems, from micro cracks attracting plaque and stains, to teeth tilting. 'I see a lot of stressed women in their twenties, thirties and forties with bruxism. While dentists can help with night guards, and Botox can be used to relax the face muscles, it won't make the problem go away,' confirms Dr Mervyn Druian of the London Centre for Cosmetic Dentistry (londoncosmeticdentistry.co.uk). 'You need to deal with the root cause of your stress.'

And, of course, your teeth and gums can be an indicator of overall health. Dr Okoye says, 'More than half of all adults have gum disease to some degree – teeth bleeding when being brushed is one sign – and this causes inflammation which over time damages blood vessels in the brain and heart, increasing your risk of heart disease, strokes and diabetes. Scientists are now investigating whether saliva could even detect the early signs of cancer.'

GET A PRO POLISH

The quickest way to brush up your smile? It's all about whitening. Teeth start losing their brightness from about the age of 18, so bleaching away stains is a sure-fire way to rewind the clock. Although teeth whitening is generally quite straightforward and minimally invasive, our experts don't recommend going it alone. There are a myriad of home kits around, but research has found that many erode enamel, which won't help you get the look you want. 'Always get professional advice so your dentist can make sure your teeth are suitable and they can seal any areas that might cause sensitivity,' says Dr Okoye. 'It often doesn't matter if you then whiten at home with custom-made trays or if it's done at the surgery with a laser, the end result can be as good as long as it's dentist supervised.' Another reason to chat to your dentist is that they can often polish away the stains and unsightly brown plaque, instead of using bleach, plus check

'These procedures can change the shape of your smile and alter the whole architecture of your face'

that any discoloration isn't a sign of underlying health problems. Professional whitening can cost anywhere from £200-£600, and you need to keep it up.

Another popular option is invisible adult braces, aka Invisalign, which claim to offer all the gain and none of the pain of the fixed 'train track' versions. With prices starting from around £2,500, they're not cheap, but that's no deterrent for many. In fact, there's been a 20 per cent rise in sales last year alone. 'There are no wires and brackets, and because they're near invisible, nobody will guess you're straightening your teeth,' says Dr Murtuza Hasnaini from The Brace Orthodontist Practice (theinvisible orthodontist.co.uk). 'By correcting a crooked smile, you'll also make your teeth easier to clean, reducing plaque problems.' And, yes, you can take them out whenever you want to.

But while whitening and straightening can help, A-listers sign up for more dramatic, custom-crafted reinventions. 'Almost every celeb nmoynethat has a nice smile has bought it,' says Dr Okoye. 'Many have veneers, which are ultra-thin porcelain overlays permanently affixed to the front of the teeth – a bit like false nails. Prices are around £400 per tooth. Plastic surgery for the gums is becoming popular, too, either to trim them away so that teeth look longer (from £150), or to graft the gum if too much tooth is showing (from £400). These procedures can change the shape of your smile and alter the architecture of your face. And the untrained eye won't be able to tell what you've had done – it's so subtle.' ■

EVERYDAY SMILE HACKS

Don't want to go to extremes? Here are some clever tweaks you can do between dental check-ups

- An electric toothbrush is better than a manual ('It's like cleaning the floor with a Hoover compared to a dustpan and brush,' says Dr Okoye).
- **Brushing only cleans 70 per cent of your tooth's surfaces, so flossing is non-negotiable.**
- Don't swill mouthwash straight after brushing. Wait at least 30 minutes or you'll wash away all the teeth-protecting fluoride in your toothpaste.
- **Never brush straight after breakfast/dinner – again, wait 30 minutes. Brushing can grind the acid from food further into the enamel.**
- Memorise this: anything that will stain a white shirt will stain your teeth. 'Use a straw when possible,' says Dr Okoye. 'When drinking red wine, have a glass of water at the same time and swill it around your mouth to not only to reduce stains, but also the acidity that comes into contact with the teeth.'
- **Night out? Dr Druian suggests keeping gum in your clutch. 'Cocktails, mixers and champagne are all high in sugar and acids that attack your teeth, but chewing gum stimulates saliva which is the mouth's natural defense against acid.' Choose one containing xylitol, a natural sweetener made from birch bark, which is proven to help prevent plaque bacteria from sticking to teeth.**
- Don't smoke. As well as the cause of serious staining, it triggers a dry mouth, which means you'll have less saliva to neutralise acids. (Antihistamines and antidepressants can cause the same problem.)
- **Visit your dentist and hygienist at least once a year. OK, it's not as thrilling as a trip to the hairdresser's, but healthy teeth will last a lifetime and a natural, healthy smile never dates.**

PHOTOGRAPH BY ENRIQUE BADULESCU/ART DEPARTMENT


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THE TRUTH ABOUT WOMEN AND AUTISM

Alis Rowe is an entrepreneur and has a first-class degree in chemistry. She also has high-functioning autism. Here, she talks about why it's different for women and how she navigates her days. Interview by *Marina Gask*

'AUTISM ISN'T JUST MANIFESTED in symptoms such as severe shyness. Shy people can be pulled out of their shell, but for me, autism is like being permanently trapped in a glass jar. The jar represents the barrier between you and the world, meaning that you're an observer, never a participant in life. But I believe there are holes in the jar, and someone you feel comfortable with – like a family member – can shine a torch to light them up, so you can come out occasionally.

There's a lovely woman in Kent who has a daughter on the autism spectrum. They use my glass jar theory to communicate with each other, with the daughter being able to tell her mum when she's feeling particularly anxious and doesn't want her to force her to come out. They're now able to understand each other better.

Helping other "aspies" communicate is one of my proudest achievements since setting up my social enterprise, The Curly Hair Project in 2013. The initiative is dedicated to supporting women and girls with autism and Asperger's syndrome, providing training for teachers and NHS staff. My role involves writing books, and giving seminars at schools and exhibitions around the UK. Women experience autism differently from men and, through The Curly Hair Project, aspies can find support, books, information and people they can identify with, often for the first time.

Today, at 26, my life appears pretty good. As well as the project, I run a successful business, working remotely as a web developer for vet surgeries. Some aspies can achieve a great deal: Ladyhawke (musician Pip Brown) and actress Daryl Hannah are both on the autism spectrum. For myself, while I'm close to my mum, dad and sister, Dulcie, my happiness is fragile and my movements restricted. Life needs to be predictable. I've lived in the same semi-detached home in south west London all my life. It's my security and having a routine makes me feel safe.

RULED BY ROUTINE

Running The Curly Hair Project is so rewarding, but it also takes its toll. Using public transport brings on anxiety (I wear earplugs as the noise is painful) and I'm also hypersensitive to smells (a whiff of ▶

rubbish can make me want to throw up). I struggle with all the attention when public speaking, so I make sure others play an active role. And the fact that I also have obsessive-compulsive disorder means that I have to wash my hands immediately after hand-shaking.

I'm doing valued work, but in spite of the great people I've met, I don't have any close friends. Fellow aspies have opened up, but I don't feel close enough to share my feelings. I'm scared of people saying the wrong thing when I'm unhappy because it can make me feel even worse. Most of my friendships are conducted online.

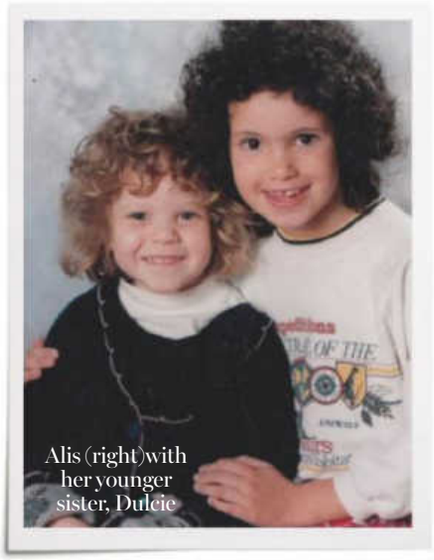
As a result of my symptoms, there's this layer of depression that's always pressing me down – and the only way I can guard against this, apart from sessions of cognitive behavioural therapy and taking anti-depressants, is by sticking to my strict routine. This means a 5am paper round, walking my dog Bear, looking after my seven cats and lifting weights in my home gym each day.

I'd say I'm very typically autistic, but there are variations, like the aspie I met who's extrovert. She struggles to recognise social boundaries, which means she can seem overwhelming. A common giveaway sign of autism is body language. I'm aware that most of the time I come across as "awkward", most likely because I feel it. I work so hard to say the right things and be a good listener – I don't consider my body language or facial expressions.

I met my partner, a student, five years ago on Match.com. When we met, I told him I was autistic and, realising it was the only way our relationship would work, he moved into the house opposite. We've learnt a lot about the condition together, but I'd never live with him unless he moved into my home, where I'll be living for the foreseeable future. I'm definitely not having children. I've no idea what will happen when my parents are elderly, but I imagine that I'll care for them.

GROWING UP DIFFERENT

I was a hyperactive child – at primary school I was just considered "quirky". But that all changed when I was 11 and got to secondary school. My world fell apart: I realised I couldn't join in with conversations and withdrew into a ball of social anxiety. I shunned attention, and just stopped speaking. I literally didn't say



Alis (right) with her younger sister, Dulcie

'I've lived in the same family home all my life. Having a set routine makes me feel safe'

a word. I got bullied mercilessly, tripped up and tormented for being weird.

By 14, my anxiety was off the scale, and I was also very uncomfortable in myself. I didn't like boys, clothes or make-up, so I was convinced I was the wrong sex. Excruciatingly shy, I told no one. This was when the suicidal thoughts started. With intense, negative emotions, aspies often have meltdowns, typically involving screaming, crying and even becoming aggressive. For me though, it's shutdowns. As a teen, I just withdrew into myself, retreating, emotionally exhausted, to the safety of my room for hours.

At college, with 11 grade-A GCSEs, I tried so hard to fit in, but the strain was enormous. How do you tell your friends they make you anxious? Socialising revolved around pubs, where the noise would be too much (and I've never had alcohol because I don't like trying new things). I did join friends for a couple of meals, but I was overwhelmed and couldn't speak. As they all drank and relaxed, a gulf opened up. By the time I'd got three A-levels, a first-class chemistry degree and a Masters, I was mentally exhausted from trying to be like everyone else. I knew from browsing symptoms online at 17 that I had autism, and my diagnosis at 21 meant that I could get psychiatric support, which has helped immensely. But it never goes away.

WHAT THE FUTURE HOLDS

My ambition? To make a reasonable salary, help others and grow my business. I'm jealous of today's autistic girls, now that awareness of the condition is improving. My lonely teens would have been vastly improved if I'd read a novel like *M Is For Autism* when I was feeling suicidal. It's co-written by the pupils of Limpsfield Grange, a school for autistic girls where I sometimes do seminars, and it really helps you get inside the head of a girl on the spectrum. There are still a lot of young women who suffer from overwhelming anxiety and don't know why, who might recognise their symptoms.

I've worked hard to get here and I'm proud to be using my experiences to help others. Thanks to the love of my family and partner, I don't have to spend every moment inside the glass jar.' ■

M Is For Autism *by the students from Limpsfield Grange School And Vicky Martin (£8.99, Jessica Kingsley Publishers); Thegirlwiththecurlyhair.co.uk*

FEMALE AUTISM: THE FACTS

- Often considered a 'male' condition, girls and women may wait longer for a diagnosis of Asperger's syndrome (high-functioning autism), says the National Autistic Society. Its 2012 survey showed that one fifth of girls with Asperger's were diagnosed by the age of 11, compared to half of males.
- **Girls can be more adaptive than boys and may be better at hiding their 'difference'. Female symptoms may also be less severe, including struggling with social cognition.**
- No statistics exist on the number of women on the spectrum, but many experts believe that large numbers of girls go into adulthood without a diagnosis, often unconsciously mimicking friends or masking the signs of autism. This can lead to secondary problems such as anxiety, eating disorders, OCD, Tourette's syndrome, self-harm or depression.
- **The National Autistic Society helpline is on 0808 800 4104**

PHOTOGRAPH BY DULCIE ROWE



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EMBRACE TRADITION

Rich reds, deep greens and dashes of gold evoke memories of Christmases past



Glassware, from **£2**, crackers, **£10 for six**, candlesticks, from **£2**, tableware, from **£2.50**, and cushion, **£18**, all Sainsbury's



Put on a little bit of glitz with a candelabra

Tree, **£40 for 6ft tree**, decorations, from **£1.50**, candelabra, **£20**, and large reindeer, **£15**, all Sainsbury's

IT MAY BE COLD OUTSIDE but a classic mix of red and green will raise the temperatures indoors to create a striking space for cosying up this Christmas. Filled with beautiful pieces perfect for the festive season, the new traditional Christmas homewares collection from Sainsbury's will make decking the halls a breeze. Just team all the bold reds and greens with a sprinkling of bright white and plenty of bare wood to give your look a laid-back edge that's part chalet chic, part cabin in the woods. Hints of glittering gold on the crackers and candles will add elegance, while the traditional reindeer and robin motifs in the collection will keep Santa happy and the look classic.

Finish with greenery from the garden to enhance the natural simplicity of this festive scheme. All that's left to do is light the fire and pour the champagne. Bliss.



Bowls, from **£2.50**, plates, from **£3**, and mugs, from **£3.50**, all Sainsbury's

Candle aware: Never leave a lit candle unattended

STYLE TIP

Wind a trail of ivy around the table for a fabulous festive flourish. Bring more greenery into the picture by decorating a chandelier with sprigs of eucalyptus.

The new traditional Christmas homewares collection is available at selected Sainsbury's stores from 25 October. To see more of the new Autumn/Winter collections and to find your nearest store, visit sainsburyshome.co.uk

Sainsbury's



THE

SARNIE

WITH A LITTLE

je ne sais quoi.

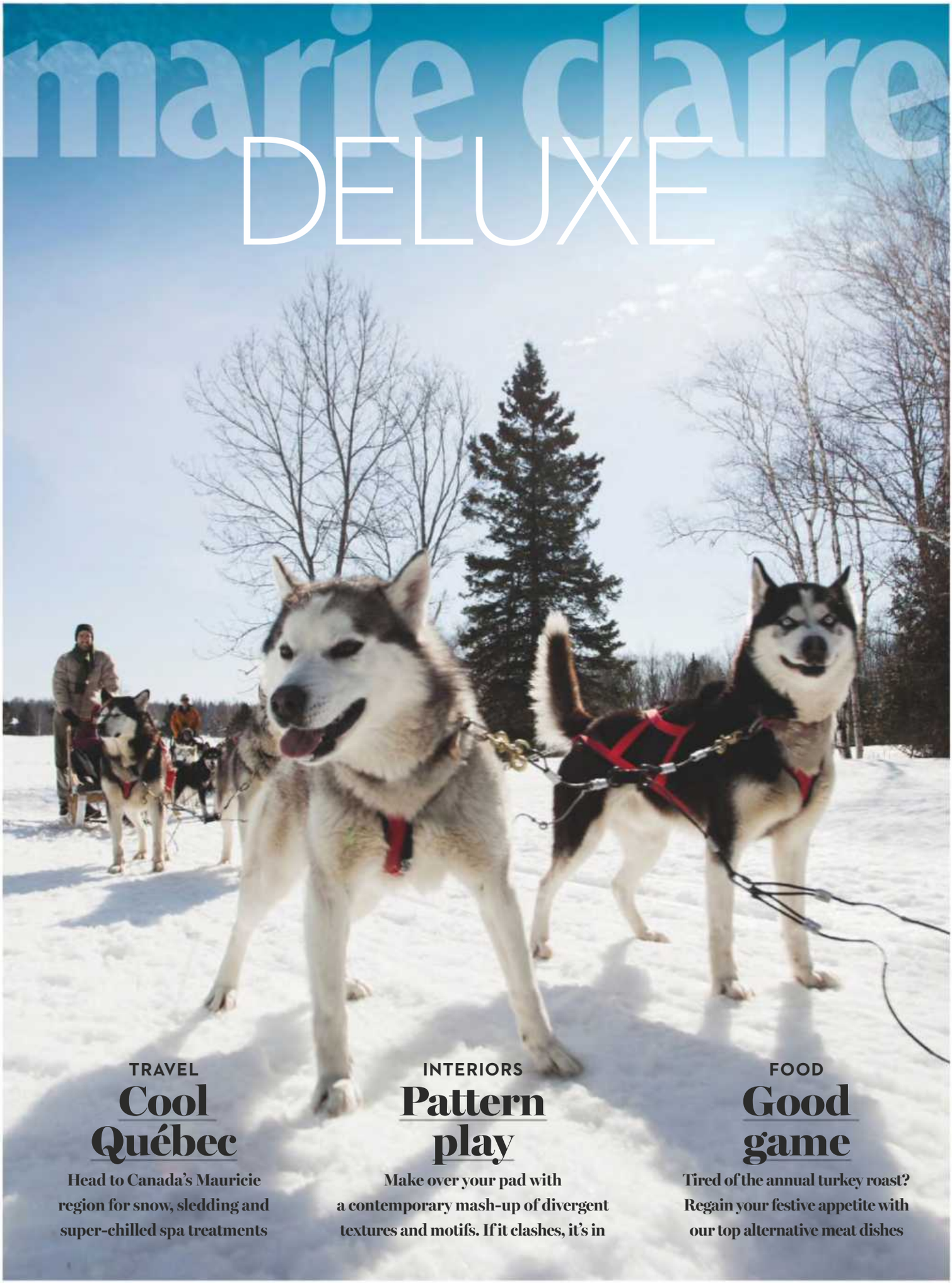


Introduce a bit of French flair to your snacks.
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DELUXE



PHOTOGRAPH BY DISCOVER-THE-WORLD.CO.UK JEAN-FRANCOIS HAMELIN

TRAVEL

Cool Québec

Head to Canada's Mauricie region for snow, sledding and super-chilled spa treatments

INTERIORS

Pattern play

Make over your pad with a contemporary mash-up of divergent textures and motifs. If it clashes, it's in

FOOD

Good game

Tired of the annual turkey roast? Regain your festive appetite with our top alternative meat dishes

Lucy didn't want a
single thing for Christmas
(She wanted a Spiralizer,
Perfect Porridge Mug,
Coffee Machine,
Champagne Truffles...)











Find everything you need (and everything you want)
this Christmas, in store and online at **lakeland.co.uk**

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INTERIORS

Print works

Love the boutique-bolthole aesthetic? Create your own plush pad with strong patterns and a mash of modern materials

Compiled by JOSIE AYRE



Taken from Every Room Tells A Story *by Kit Kemp; photographs by Simon Brown (£30, Hardie Grant)*

STYLE TIP

Use one colour, such as yellow or red, to tie everything together and give the room a focus when picking your prints.

1. *'Gunnebo' chest of drawers, £485,* OKA Direct **2. *'Eva' medium rug, £65,*** Habitat **3. *'Parliament' wall clock, £130,*** Newgate at John Lewis **4. *'London' sofa in Midnight, £2,495,*** Hackney Empire at House of Hackney **5. *'Flower Rectangular Bunch' vase, £30,*** LSA International at Amara.com **6. *'Simone' table lamp, £58.52,*** Dar Lighting at Wayfair.co.uk **7. *Cushion cover, £3.99,*** H&M Home **8. *'Bovary' chair in Mermaid Plush Velvet, £595,*** Loaf.com **9. *'Nossen' cushion, £152,*** Missoni at Amara.com **10. *Small milk jug, £6.99,*** H&M Home **11. *'Avola' mirror, £335,*** Chandeliersandmirrors.co.uk



RESCUING *the* BLAND



So, we meat again

Sack off the dry, overcooked turkey, *Modern Meat Kitchen*'s Miranda Ballard reveals the best alternative Christmas meats





Perfect for a short prep time: goose
Cut The whole bird
Prep Stuff the goose with lemon, garlic, thyme and parsley or go with a seasonal spread of chestnuts, cranberries, sherry and mustard.
Serve with Roast goose-fat potatoes, and ask your butcher for the goose giblets for gravy.



Perfect for the game season: venison haunch
Cut A haunch on the bone
Prep Slather roasted chestnut and garlic butter on the meat before putting on a 'bard' – coating the meat with fat from another source. I use dry-cured streaky bacon.
Serve with Chantenay carrots, tenderstem broccoli and skin-on crushed new potatoes for a rustic, game theme.



Perfect for a nervous host: rib of beef
Cut Pick a prepped fore rib, as the bones makes the meat hard to dry out
Prep Rub some salt and a big pinch of black pepper into the top of the meat and, post-cooking, mix the juices with some red wine, garlic and thyme to make the gravy.
Serve with The traditional root veg – parsnips and carrots – and some boiled skin-on mashed new potatoes mixed with horseradish, butter, black pepper and fresh parsley.



Perfect for Christmas sandwiches: gammon
Cut Just ask for gammon at the butchers
Prep Glaze the gammon with honey or mustard then pop it into the oven to roast. Simple.
Serve with Embrace the alternative Christmas spirit and serve with Boston-style home-baked beans and some greens.

COMPILED BY JOSIE AYRE. PHOTOGRAPHS BY ALAMY, *MODERN MEAT KITCHEN* BY MIRANDA BALLARD (£16.99, RYLAND PETERS & SMALL)

RECIPE

Smoked duck breast salad with pomegranate vinaigrette

An alternative to the usual festive starters, this salad from mega-chef *Gordon Ramsay* is perfect for foodies who love a bit of game



■ First, make the pomegranate vinaigrette. Whisk together the pomegranate molasses and mustard with 1 tbsp hot water, then add the oils and whisk thoroughly to combine. Season with salt and pepper to taste.
■ Thinly slice the duck breast and set aside. Trim the base from the chicory and separate into leaves. Cut the large outer leaves into quarters, and the smaller ones in half, then place in a large bowl. Add the rocket and basil, if using, and toss with a few tablespoonfuls of the vinaigrette.
■ Arrange the salad and duck breast slices attractively on individual serving plates, then scatter the pomegranate seeds and toasted almonds over each salad. Drizzle with more pomegranate vinaigrette to serve.
Taken from Christmas *by Gordon Ramsay (£14.99, Quadrille) Photography: Chris Terry*

Ingredients (pomegranate vinaigrette)

- 2 tbsp pomegranate molasses
- 1 tsp Dijon mustard
- 3 tbsp extra-virgin olive oil
- 3 tbsp groundnut oil
- Sea salt and freshly ground black pepper

Ingredients (smoked duck breast salad, serves 4)

- 1 large smoked duck breast, around 330g
- 1 large head of chicory
- 100g rocket leaves
- Handful of small basil leaves, shredded (optional)
- Seeds from ½ pomegranate
- 2-3 tbsp flaked almonds, toasted



L'ANTICA PIZZERIA DA MICHELE



INTERVIEW

Global gourmand

Natasha Walsh, head chef at London's experimental supper club ***Gingerline***, is a prolific traveller. Here, she lifts the lid on the best restaurants around the world



MON AMI GABI





OPERA BAR

The UK's top cosy pub

THE PILOT, NORTH GREENWICH, LONDON

This place is kind of the reason we moved to North Greenwich. It's got a cute inside and a nice garden.

Best EU dish

L'ANTICA PIZZERIA DA MICHELE, NAPLES, ITALY

The best meal I've ever had in Europe was a margherita pizza when I was 14. I'll never forget it. Classic, but amazing.

Favourite bar in Europe

VALENTINO, ROVINJ, CROATIA

Its Royal Bellini comes in a glass that's shaped like a tulip with a stem, which means you can't put it down.

Top US restaurant

THE BAZAAR BY JOSÉ ANDRÉS, BEVERLY HILLS, USA

The menu here is half old-style tapas and half new; the standout dishes were the gazpacho and the eel tacos. The foie gras lollipops are also popular.



THE BAZAAR

Best bar in Australia

OPERA BAR, SYDNEY, AUSTRALIA

As it's right next to the Opera House, it can be a bit touristy, but locals love it, too. Go when the Vivid Light Festival is on in June. Order a tea stand – which is kind of like afternoon tea, but more bar snacky – and stay to watch the sunset.

Favourite New Zealand eatery

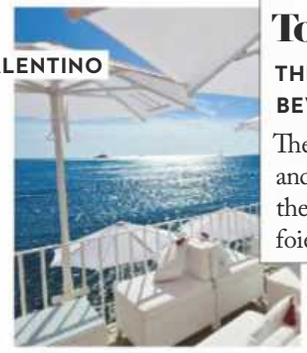
TRUE SOUTH DINING ROOM AT THE REES HOTEL, QUEENSTOWN, NEW ZEALAND

My husband and I came here for our anniversary and had the five-course tasting menu, which was amazing. It looks out over Lake Wakatipu, too.

Best brunch ever

MON AMI GABI, LAS VEGAS, USA

Located inside the Paris Hotel, which overlooks the strip, it does all the best brunch classics. There's even a build-your-own Bloody Mary bar. *Gingerline's most ambitious project to date is currently running in a secret London location. To find out more, visit chambersofflavour.co.uk.*



VALENTINO



THE PILOT



TRUE SOUTH DINING ROOM

WORDS BY JOSIE AYRE. PHOTOGRAPHS BY ALAMY, HOLLY FALCONER, ISTOCK, NUNZIO PRENNA



TAMARIND

Over Christmas already? Celebrate Diwali instead

From 11-15 November, it's the Festival of Lights, enjoyed by Hindus, Sikhs and Jains. Here's where you can join in the festivities

The sweet treat

Christmas has Quality Street; the Festival of Lights has traditional Indian sweets, like barfi, laddoo and gajar ka halwa – which is basically sweet, condensed milk cake. At **Haveli** in Newcastle, you can celebrate in style and finish up with these dainty Diwali treats.



GYMKHANA

The cocktail celebration

Head to Rohit Chugh's newest opening, **Chai Ki**, and climb up to the rooftop garden for cocktails. There, you can enjoy views of the Canary Wharf docks while sipping on Diwali-themed drinks, such as spice-infused Bellinis and cocktail teapots from The Toddy Shop.



CHAI KI

The Michelin-starred

If you're looking to celebrate in style, head to Michelin-starred restaurants **Gymkhana** or **Tamarind**. While Tamarind will be serving up a four-course menu (which you can also enjoy at home with its luxe delivery service), the much-hyped Gymkhana will be running a lavish, seven-course tasting menu, with dishes like Tulsi Scallops with Parsnip Masala.



HAVELI

rachelsorganic

My Greek Style Honey Yogurt

MY PASSION is making amazing yogurts using the best ingredients. That's why I only select **PURE ORGANIC HONEY**. Its sweet delicate taste combines beautifully with my **DELICIOUS THICK AND CREAMY** yogurt and is a real delight.

Rachel



Rachel's. MY NAME. MY PASSION.

www.rachelsorganic.co.uk

Subject to availability, selected stores only

AVAILABLE IN Waitrose

ALL IS BRIGHT

If all you want for Christmas is a drop-dead gorgeous smile, put Pearl Drops Pure White at the top of your wish list

A SENSATIONAL SMILE IS A THING of beauty. It can capture hearts, boost your confidence and express your happiness in the most mesmerising way. It will also make you shine at every single Christmas party you go to. Now, thanks to Pearl Drops, getting your smile party ready just got a whole lot easier. Pearl Drops Pure White is the first-ever three-step, at-home whitening treatment that whitens teeth from the very first application.

Designed to be used over ten days for the best results, in consumer trials 100 per cent of the participants achieved teeth at least one shade whiter after the first application. After ten days of continuous use, 100 per cent of the participants achieved five shades whiter or more.* It's so easy to use, too – no trays to mould, strips to fix or capsules to break. It looks like it's going to be a white Christmas after all…

OUR TOP WINTER WHITES

- **Pretty pearls** No longer relegated to the prim-and-proper set, we'd like some pearl jewellery to go with our pearly whites.
- **Nice nails** A whole host of celebrities are rockin' white polish and we're joining the bandwagon. Make ours a snowy white matt.
- **Moody lace** Victoriana is big news, so a lace top with a high, ruffled neckline is on our list, too. It will highlight a beautiful smile perfectly.



Pearl Drops Pure White whitening treatment, RRP £24.99
Available exclusively at Boots and boots.com. For more information, go to pearldrops.co.uk

pearl drops



*TEN-DAY CONSUMER TRIAL OF 100 WOMEN AGED 24-45







Hosts Justine Southall (below left) and Trish Halpin (far right) present Savoy Grill head chef Kim Woodward with her award







And the winners were...

Bridget Christie, stand-up comedian and feminist author
Destiny Ekaragha, Bafta award-winning film-maker
Pip Black and Joan Murphy, Frame fitness founders
Dr Safia Jabeen, founder of the first UK sexual-health clinic for Muslim women
Paula Hawkins, author of hit novel *The Girl On The Train*
Kim Woodward, first-ever female head chef at the Savoy Grill
Major Natalie Taylor, regimental medical officer for the British Army, and leader of its first all-female team to trek across the Antarctic
Emily Rawson, founder of women's DJ collective Rock The Belles
Karen Blackett OBE, first black female CEO in media
Josephine Goube, migration campaigner

Interviews with the winners are in November's Marie Claire, *available to download on your tablet now, and at marieclaire.co.uk/WATTwinners*





Best-selling author Paula Hawkins accepts her award (left); *Marie Claire*'s photography director Siân Parry (below far left) with winners (from left) Bridget Christie and Destiny Ekaragha, and shoot photographer Alisa Connan





WORDS BY ELENI KYRIACOU. PHOTOGRAPHS BY KAREN HATCH

They came, they saw, they partied. Meet the women changing our world

'THESE WOMEN ARE REALLY IMPORTANT,' said comedy queen Bridget Christie, as she collected her award, 'because young women need role models.' And there were role models aplenty at the *Marie Claire* Women At The Top Awards, in association with Microsoft 10 and Freixenet. From the arts to business, tech to medicine, these are the game-changers of 2015.

Guests were greeted at the Corinthia Hotel London with a cocktail and canapé reception before taking their seats for the ceremony, hosted by *Marie Claire*'s Editor-in-Chief Trish Halpin and Publishing Director Justine Southall. The women honoured have all had a spectacular year, like Kim Woodward, the Savoy's first female head chef in its 126-year history, and health pioneer Dr Safia Jabeen, who has founded a sexual-health clinic for Muslim women. '*Marie Claire* dug me out from a little clinic in West Yorkshire,' she joked. 'This award will help bring a bit of glamour to Dewsbury.'





Clockwise from above: winners Josephine Goube (second, left) and Karen Blackett (third, left); Freixenet cava is served; Frame's Joan Murphy (below left) and Pip Black



Health pioneer Dr Safia Jabeen and Women's Equality Party leader Sophie Walker (below) soak up the atmosphere



GET THE PARTY STARTED

Fancy giving Christmas a bit of a boost this year? Freixenet Cordon Negro – you know, the delicious Catalan bubbly in the cool black bottle – will bring some Spanish spontaneity to the table. Salud

Sophisticated, stylish, fun – why wouldn't we look to the Iberian Peninsula for some holiday inspiration? What's got us going is Freixenet's Cordon Negro – the premium sparkling wine made from the best grapes in the Penedés region in Catalonia. Crisp and delicious, it will make this Christmas one to remember. Now the drinks are sorted, here's what else you need to know to ensure you have a Feliz Navidad. First off, put the Brussels sprouts and naff novelty jumpers away (don't worry you can keep the tinsel) – then follow these simple tips.

GET THE DATE RIGHT

In Spain, it all happens on the 24th – not the 25th. We repeat… not the 25th. And it all happens at night. Known as *La Noche Buena* (that's The Good Night to us), the festivities start at home but usually finish at the local bar or club. Don't worry, you won't be disturbing Santa while you're out dancing the night away. In Spain, he doesn't do his rounds on Christmas Eve – more on that later.

BRING THE BUBBLY OUT EARLY

Don't even think about doing mulled wine. For Spaniards, cava is king at Christmas so hand guests a glass of Freixenet's Cordon Rosado on arrival. Two Spanish red grapes – Trepat and Garnacha – give this sweet pink sparkler its subtle hue. Save the Cordon Negro for the main event – its gorgeous notes of lemon, pear and peach will go with each one of the six or more courses you need to serve for dinner. That's right, we said six.

DON'T DISPENSE WITH THE TURKEY

You'll probably start with an *escudella*, a hearty stew-soup, then have a salad, then some tapas, but one of the main dishes does involve turkey. Known as the *Pavo Trufado de Navidad* – or Christmas Turkey with Truffles – it's divine. Dessert involves almonds – lots of almonds. *Turrón*, an almond candy, and *polvorón*, an almond cookie, are both popular. By the way, do have a hearty breakfast. Christmas dinner isn't served until the clock strikes 12 – Spaniards eat late, drink late and celebrate late.

TAKE A LITTLE BREAK

Before you hit the local bar or club, do what the Spanish do after dinner. It's called *sobremesa* and it literally means sitting at the *mesa* (table), relaxing and chatting. It's also the perfect opportunity to treat everyone with a special cava cocktail. Beat 2cl blackberry liqueur and 4cl strawberry puree in a shaker for 10 seconds. Pour into a glass, add 12cl of Cordon Negro, stir and finish with a cherry on top.

DO IT ALL AGAIN

We're not kidding - you can continue the festivities well after Christmas and the New Year because in Spain the 6th of January is when Santa comes. Well, it's actually not Santa – it's the three kings. Known as el *Día de Reyes*, children will wake up to gifts left by these three wise men. As for the grown-ups, lots of food and fizz are on the agenda, so get those glasses out again for one final toast.











XMAS@HOME

From the starters to the fizz – we've got you covered



THE HAM

No Spanish celebration would be complete without *jamón*. *Jamón Ibérico* is the gourmet choice as it's produced from free-roaming pigs fed on a wholesome diet of sweet acorns.



THE TABLE

Spaniards like a bit of red and green at Christmas, too, but keep things modern with simple white crockery and then just a few hints of these traditional Christmas colours.



THE MUSIC

Tambourines, *zambombas* (drums), guitars... carols are taken seriously in Spain. Lucky for us, *Silent Night* is one of the most popular and doesn't require any percussion. Phew.

THE DRINK OF CHOICE



Crack open these two Catalan sparklers – Cordon Negro and Cordon Rosado. They're made using the same traditional techniques as champagne, making them sophisticated and delicious.

Share your Spanish Christmas exploits at #befreixenet and visit freixenet.co.uk for more information or go to @FreixenetUK

Freixenet

Baby, it's cold outside...

Ice driving, husky dogs, underground spas and fine French food – *Martha Hayes* gets wild about Canada's Mauricie region, and not even the -40˚C wind chill can stop her







'WOOOOO-HOOOOO!!!' I'M RACING IN A Porsche Boxster at close to 150mph on a frozen lake in deepest, wildest Quebec. I think I'm screaming pretty loudly, but I can't hear myself over the roaring engine and I can't see anything other than the gusts of snow blowing on to the windscreen every time the car's tyres skid round a bend. Thankfully, it doesn't matter, as I'm in the passenger seat, sitting beside our instructor, Jean-Sébastien Sauriol, who single-handedly brought this Bond-style thrill to northern America.

Next, it's my boyfriend Chris's turn to get behind the wheel – and it's safe to say he thinks he *is* 007. I've never thought of myself as an adrenaline junkie, but that's why Hôtel Sacacomie, a winter wonderland buried in a breathtaking forest in eastern Canada's Mauricie region, seems perfect for a couple like us. This enormous, log-cabin-style resort caters for both the adventure-seeking (dog sledding and snow tubing are just a couple of the many activities on offer alongside ice driving) and the spa-worshipping – and the somewhere in between. A two-hour drive north-east of Montreal (and 37 miles from the nearest city of Shawinigan), this remote nature resort, built from 250-year-old pine trees, attracts mainly French-Canadian holidaymakers (Montreal being the second largest primarily French-speaking city after Paris). It definitely feels like we've stumbled across a hidden gem.

'We are warmly welcomed by Daniel, an energetic woodsman and guide who's happiest when making guests do daredevil things in the snow'



Want to go for a spin? Martha (right) channels her inner girl racer with an ice-driving adventure on a frozen lake, followed by a spot of dog sledding (left). These are just two of the many winter activities offered by Hôtel Sacacomie, which is as stunning in winter as it is in the summer (top)

Far from feeling like outsiders, we are warmly welcomed by the hotel staff – and particularly Daniel, a boundlessly energetic, bearded 62-year-old woodsman and guide who is at his happiest when cocooned in wild furs making guests do daredevil things in the snow. Or downing shots of strawberry liqueur and hazelnut whisky at the Sacacomie's 'ice bar'. Our induction, on arrival, involves knocking back ▶

InStyle

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EYEKO BLACK MAGIC MASCARA

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*FREE GIFT IS EXCLUSIVE TO NEWSSTAND COPIES. STILL LIFES BY PIXELEYES







Clockwise from top: Snowmobiling proves to be a faster and more exhilarating mode of transport than huskies, but who can resist those cute pups straight out of a fairy tale?; the eucalyptus steam bath is a welcome respite from the freezing temperatures; as are the flame-cooked trout and hot toddies served up in a cosy cabin in the woods

such drinks then throwing the ice glasses over the balcony on to the snow-quilted forest to make a wish. Like, er, can we move here?

While the hotel's dedication to the art of taxidermy (porcupines, raccoons, caribou, you name it) takes a bit of getting used to, the roaring fires and enormous wooden beams make our home for the next three nights feel cosy rather than imposing. Our bedroom (with a view, naturally) comes with a whirlpool bath and an endless supply of logs for the fireplace, which, trust me, are more of a necessity than a luxury after an afternoon's dog sledding. The six huskies, whose names sound like they could be straight out of *Snow White And The Seven Dwarves*, and who guide us on an hour-long journey through the wilderness, are delightful and seem to know what they're doing (we're told the two cleverest are at the front, the two strongest are at the back, and the 'pretty' ones are in the middle). I just wish I could say the same for the weather, which is all over the place. I start off determinedly 'mushing' but when a violent snowstorm breaks, I opt to snuggle up in the sleigh with a tartan picnic blanket over my head while Chris takes his turn on the reins. But, hey, it's nothing that a trip to the Geos Les Bains spa won't fix.

Boasting an underground sauna with light therapy and an outdoor eucalyptus steam bath, it's easy to see why visitors flock to Sacacomie for a sumptuous spa sesh, even if we do hit Canada's coldest winter for 100 years with a wind chill as low as -40°C. Think 15 minutes in the sauna, a dip in the ice-water bath (via an ice-cold waterfall), followed by ten to 15 minutes in front of a roaring fire in the relaxation room. And repeat... I feel like Wonder Woman, which is just as well when we discover what Daniel has planned for us next.

'Our room comes with a whirlpool bath and an endless supply of logs for the fireplace – more of a necessity than a luxury after an afternoon's dog sledding'

By 9am the following morning, I've put on so many layers I look like Joey in *Friends* when he's wearing all of Chandler's clothes. The pièce de résistance is the padded snow trousers that, along with helmets and sturdy snow boots, are provided free of charge and will keep us shielded and toasty when we head out on a snowmobile. Daniel drives ahead on his, guiding us carefully through the woods on to the frozen Sacacomie Lake, a glittering, wide-open space that's ours for the taking. Racing up and down, clinging on to Chris feels utterly exhilarating – and romantic, although probably more Tom Cruise in *Top Gun* than James Bond (sorry, Chris). It's not as insane as the ice driving but it's faster than the huskies, and I feel like I've found my stride. 'We must have been going at, what, 110mph?' I ask. 'More like 65,' says Daniel with a smile.

We keep our armour on for the afternoon; swapping the boots for snowshoes when Daniel takes us out on his woodsman trek. It's like having a tennis racket attached to each foot and seems as much a hindrance as a help when I fall over for the fifth time, duly captured on the smartphone should *You've Been Framed!* ever be short of footage. Daniel then leads us to a little hut where rare animal furs are lined up on a washing line. Our host is entertaining company – full of stories about the life of a trapper back in the day, which stops it from feeling too much like the start of a horror film.

Later, we are joined by a group of our fellow hotel guests and Daniel lights a fire on which to cook the ▶



fillets of local trout he's carried here in his rucksack. Glasses of Caribou (a Quebecois concoction of red wine, whisky and maple syrup) are downed and a song chanted (first in French and then English) about how 'all we need is a cabin in the woods'. The fish is delicious and needs no seasoning, 'because it tastes of nature', explains Daniel. Yep, they're proud of their trout at Sacacomie, and of all their food in general, showcased in a typically French set menu at mealtimes. We get three courses, including red ale onion soup, for lunch; then four courses, with a heavy meat dish such as duck confit, at dinner. After all that, it's a wonder I'm not airlifted out on a ski-plane.

It's worth allowing at least a couple of days – either before or after your time in the snowy wilderness – to take a look around Montreal. This beautiful city has the largest number of restaurants per head of population in North America after New York and some, if you go off the beaten track, are even comparable. It's not all smoked meat, bagels and *poutine* (a French-Canadian speciality of chips and cheese covered in gravy) either, as we find when we stumble across Grumman '78, a super-hip tacos restaurant in a distressed but stylish warehouse full of guys sporting beards (which are both practical and cool). If you love the chic cafe culture of France, you'll feel at home, and there's no language barrier here – just row upon row of enticingly stylish department stores to rival Paris inviting you in.

In the summer, street-food vans set up in the Olympic Stadium, and Canada's cultural capital comes alive with all kinds of dance and fringe festivals. But while I've heard great things about that time, for me, Montreal in winter takes some beating. Fairmont The Queen Elizabeth hotel, where John Lennon and Yoko Ono held one of their two bed-ins in 1969, is well placed for exploring the cafes and boutiques of the vast Underground City complex, where you barely need to step a foot outside in the chill air. Unless, of course, you want to go snow tubing down Mount Royal or ice skating at Beaver Lake. But that's been quite enough winter adventures for me – until next year. ■

'There's no language barrier in Montreal – just row upon row of enticingly stylish department stores to rival Paris'







Clockwise from top: Montreal highlights include ice skating on Beaver Lake; the Olympic Stadium and observation tower; skyline views from the Old Port's Clock Tower



Below: Fairmont The Queen Elizabeth hotel, where Lennon and Ono famously held a bed-in for peace

BOOK NOW

■ Air Canada (aircanada.com) flies from London Heathrow to Montreal from £445 return.

■ **'Winter Adventure in Quebec' costs from £871 per person through Discover the World (01737-214250; discover-the-world.co.uk), including transfers, two nights' room-only at Fairmont The Queen Elizabeth hotel in Montreal with city tour, and three nights' half-board at Hôtel Sacacomie with complimentary activities such as tobogganing, ice skating, snowshoeing and cross-country skiing. Flights are extra. Departures from December 2015 to March 2016.**

■ Additional costs include spa entry (£28), dog sledding (£107), ice driving (£115) and snowmobiling (£145), all per person – book in advance as part of your package. Winter-strength clothing is provided for outdoor activities, but you'll need to wrap up, too.

■ ***Top 10 Travel Guide: Montreal & Quebec City*** **(£7.99, DK Eyewitness Travel) covers the region. Visit tourisme-montreal.org, quebecoriginal.com and keepexploring.ca.**

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[1]Cetraben Cream patient preference study, Sept 2013

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Partied out? Take a tea break. Teapot, cups and Marrakech Mint tea, all from Whittard

THE CALM ZONE

When all the holiday madness gets you hankering for some downtime make a pot of delicate and delicious tea

IT'S AMAZING HOW A SIMPLE cup of tea can put the world to right. Just watching one brew takes us to a happier place. The experts at Whittard get this, and for over 129 years they've been circumnavigating the globe to bring us delicious and unique handmade teas that are worth spending a little time over.

From the light and rejuvenating White Peony, which is a white tea high in antioxidants and reputed to be anti-ageing, to the indulgent Milk Oolong – a caramel-flavoured treat which can actually aid weight loss. One of our favourites is Marrakech Mint, an exclusive Whittard blend of Gunpowder green tea, peppermint and blue cornflowers. Traditionally drunk with sugar to add extra sweetness, it's also high in anti-oxidants and aids digestion. Feel the stress melt away…

OUR FREE CHRISTMAS GIFT TO YOU

Head to your nearest Whittard store to pick up a free tea caddy and choose the tea to go in it from our signature collection - with our compliments. For full terms and conditions, and to find your nearest store or Tea Bar, go to whittard.co.uk. Code 15123.





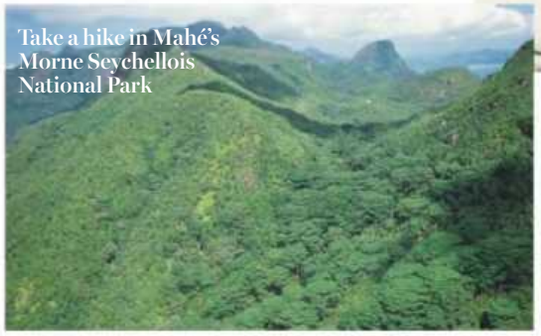
Dive deep to discover the island's bluestripe snappers

MUST DO...

Explore rugged Morne Seychellois National Park and go snorkelling in the clear waters at Saint Anne. There's also hiking, cycling and kayaking. For something less energetic, hit the market in the capital, Victoria.



Flake out on Mahé's porcelain-sand beaches



Take a hike in Mahé's Morne Seychellois National Park

LET'S GO...

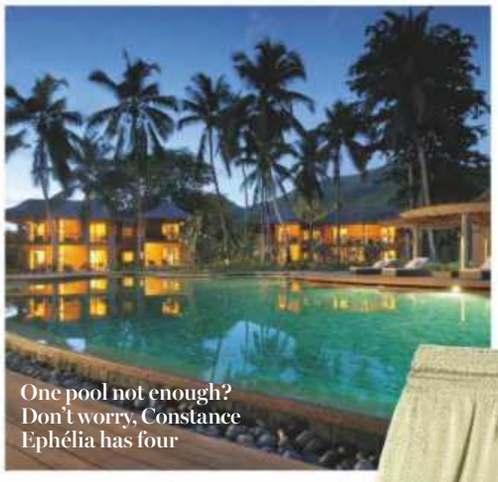
Air Seychelles (airseychelles.com) flies from London Heathrow to the island of Mahé (via Abu Dhabi) from £572 return in December. *Seychelles Marco Polo Guide* (£6.99, Mairdumont) covers the islands, and see seychelles.travel.



ON LOCATION

SEYCHELLES

Marie Claire's beauty team finds inspiration in the Indian Ocean



One pool not enough? Don't worry, Constance Ephélia has four

STAY AT...

Constance Ephélia (constance hotels.com) – a spacious 261 suite and villa resort located by two golden beaches on Mahé. In December, double rooms cost from £247 with breakfast.



What to pack

Life's a beach when you are in the Seychelles, so it's all about printed bikinis and billowing kaftans. Go for bold accessories to keep your look fuss-free.

1. Bikini, £30, Urban Outfitters
2. Dress, £225, Lemlem at Matchesfashion.com
3. Travel wallet, £125, Aspinal Of London **4. Sunglasses, £234,** Chanel **5. Shorts, £105,** Paloma Blue **6. Bag, £315,** Longchamp

COMPILED BY HANNAH LEWIS. PHOTOGRAPHS BY ISTOCK, RICHARD BIRKBY/4CORNERS IMAGES, JEAN-PIERRE DE MAN/ROBERT HARDING, STILL LIFES BY NOHALIDEDIGITAL.COM



AN EVENING WITH L'OCCITANE

Enjoy a luxurious shopping event with exclusive offers, drinks and pampering treatments, plus a free goodie bag worth £40

TO CELEBRATE THE START OF THE festive season, L'Occitane and *Marie Claire* are hosting an exclusive party. Join us at boutiques across the UK and be transported to Provence, where you'll be able to indulge in a relaxing hand and arm massage, discover award-winning skincare, delicious body care and fabulous new fragrances. Plus, you'll go home with a L'Occitane goodie bag worth £40, and enjoy a 15 per cent discount on all products purchased on the night*. Treat a loved one (or yourself) to a gift-laden L'Occitane Beauty Advent Calendar, or pick up a gorgeous bauble to hang on your Christmas tree.

With a range of beauty must-haves and a new limited-edition collection from renowned pastry chef, Pierre Hermé, L'Occitane has catered for everyone on your list. Staff even offer a free gift-wrapping service, so you can enjoy a drink and a bit of pampering while you wait. Joyeux Noël!

WHEN & WHERE Events run from 6.30-8.30pm on 24 November, 2015 in L'Occitane boutiques. Visit ticketweb.co.uk/marieclaire.

HOW TO BOOK Reserve your place now; call 08444 771 000 (quoting L'Occitane Marie Claire event) or book online at ticketweb.co.uk/marieclaire. Tickets cost £10 and are non-refundable. Places are limited.





Terms & conditions The 15 per cent in-store discount is valid on purchases over £25 made on the night of the event only. Discount excludes gift sets and special value items. Contents of the goodie bag may vary.

SAGITTARIUS

23rd November-21st December

With so many planets moving forward, now is the ideal time to push through new ideas. Team work is essential for success, so you'll need to ensure colleagues and partners are being supportive. If you do feel someone isn't keen on any grand plan you have, make sure you argue your case.

Call to hear what your future holds
Weekly 0905 817 1890 **Monthly** 0905 817 1878
Love 0905 817 1866

ARIES

21st March-20th April

You might be full of vigour for most of the month, but Mercury warns of big energy dips. Rather than go from one extreme to another, start pacing yourself: delegate tasks at work and home, and don't take on too many social commitments; you'll need time to rest.

Call to hear what your future holds
Weekly 0905 817 1894 **Monthly** 0905 817 1882
Love 0905 817 1870

LEO

24th July-23rd August

Arguments with your nearest and dearest seem to be par for the course, but you can avoid confrontation by relinquishing typical Leo-like control. Not everyone is keen to be told what to do, so save yourself the grief; take a more hands-off approach and let people make their own mistakes.

Call to hear what your future holds
Weekly 0905 817 1886 **Monthly** 0905 817 1874
Love 0905 817 1862

CAPRICORN

22nd December-20th January

Uranus signals a few financial blips this month, but it's nothing a savvy sun sign like you can't handle. Any unexpected bills can be dealt with through overtime at work. This might curtail your social life but come the New Year, your monetary shortfalls will have been and gone.

Call to hear what your future holds
Weekly 0905 817 1891 **Monthly** 0905 817 1879
Love 0905 817 1867

TAURUS

21st April-21st May

Pluto promises romance for Taureans who have felt a bit lacking of late. However, life won't be all roses over the next few weeks: a wayward sibling or misguided friend still needs to be dealt with. Other folk in your midst have tried but failed to help – now it's your turn to take charge.

Call to hear what your future holds
Weekly 0905 817 1895 **Monthly** 0905 817 1883
Love 0905 817 1871

VIRGO

24th August-23rd September

Much as Neptune works wonders on romantic relationships at the start of the month, love won't run quite as smoothly towards the end. Therefore it's vital you make an effort early on. If you don't feel like you can do that, perhaps it's time to be brutally honest and bail out now.

Call to hear what your future holds
Weekly 0905 817 1887 **Monthly** 0905 817 1875
Love 0905 817 1863

HOROSCOPES

Your forecast for this month by *Marie Claire*'s astrologer, *Adele Lang*



December birthstone: blue topaz. 'Affinity' blue topaz and sterling silver stacking ring, **£209**, Clogau

AQUARIUS

21st January-19th February

New friendships struck up could lead to exciting love opportunities, so don't turn down invites to mix and mingle with near strangers. Yes, hanging out with old pals is easier but it's not going to broaden your romantic horizons. Business networking might just score you a better job, too.

Call to hear what your future holds
Weekly 0905 817 1892 **Monthly** 0905 817 1880
Love 0905 817 1868

GEMINI

22nd May-21st June

It's going to be a case of out with the old and in with the new well before January, so feel free to bin any bad habits, useless possessions or negative friends. That way you can start 2016 armed with just yourself and the sort of natural-born optimism the rest of us yearn for.

Call to hear what your future holds
Weekly 0905 817 1884 **Monthly** 0905 817 1872
Love 0905 817 1860

LIBRA

24th September-23rd October

You don't need an astrologer to tell you that falling out with family members is likely over the festive season, but your solar activity predicts it'll be a particular problem this year. To avert confrontation, keep busy with more practical matters, and avoid any in-depth conversations.

Call to hear what your future holds
Weekly 0905 817 1888 **Monthly** 0905 817 1876
Love 0905 817 1864

PISCES

20th February-20th March

The current movement of Mars suggests you would be financially better off if you concentrated on boosting a loved one's earning potential, rather than your own. You'll be tempted to put your ambitions first, but look at long-term relationship gains over short-term personal triumphs.

Call to hear what your future holds
Weekly 0905 817 1893 **Monthly** 0905 817 1881
Love 0905 817 1869

CANCER

22nd June-23rd July

Saturn's in the mood for love towards the end of this month. Affairs at work are possible, but don't even go there if you're already taken. Even single Cancerians should think twice before embarking on any kind of office fling, because that's all it is ever likely to be.

Call to hear what your future holds
Weekly 0905 817 1885 **Monthly** 0905 817 1873
Love 0905 817 161

SCORPIO

24th October-22nd November

For once, you're not in the mood for crowd-pleasing, but don't let public disapproval stop you from doing what you feel needs to be done. Pluto predicts you've got less than a month to follow your heart. Come January, you'll need to build upon your recent achievements.

Call to hear what your future holds
Weekly 0905 817 1889 **Monthly** 0905 817 1877
Love 0905 817 1865

Terms & conditions Weekly star lines are updated every Saturday. Calls cost 80p per minute plus your telephone company's network access charge, and last 4-5 minutes. You must have the bill payer's permission. SP: Spoke 0333 202 3390



Shoes, **£650**, Stella McCartney



Bag, **£1,200**, Edie Parker; jacket, **£308**, and trousers, **£187**, both AK Studio

IT'S ALL ABOUT...
GLITTER

Take your look to the max with these dance-floor dazzlers – bling it on

Photographs by **PETER PEDONOMOU** ***Styled by*** **GRACE SMITHAM**



Bag, **£55**, Dune; top, **£39**, Finery London



Boots, **£215**, Bimba y Lola; skirt, **£65**, Atterley

HAIR BY TERRI CAPON USING DAVINES FOR HAIR. MAKE-UP BY LOUISE DARTFORD AT STELLA CREATIVE ARTISTS USING ORGANIC PHARMACY. MODEL: MELISSA BELL AT SELECT



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